THE A.L.F. IS WATCHING AND THERE'S NO PLACE TO HIDE...





SIDE ONE;
TOXIC WASTE.....N. IRELAND
BODY COUNT.....U.S.A.
PARANOID VISIONS.....IRELAND
NATURECORE.....U.S.A.
POWER AGE.....SOUTH AFRICA
ANTI-HEROES.....WEST GERMANY

TOXIC WASTE....."AS MORE DIE"

As we try to achieve self liberation and freedom from our self oppressed existence, it is constantly forgotten or ignored that we are still oppressing all animal life. We've no superior right to survival or the spaces and resources of the earth. So as individuals progress and develop they are unrightfully destructing all life. While we let the oppression of all life continue the world power structure will stay intact. As exploitation continues without guilt this exploitation will rebound on ourselves. Break the earths abusers before they break our earth. To stop them we will literally have to fight for all life. All that is usable is abused look at the facts, so tear up the path to destruction that we've set...

STOP TRAPPING, BREEDING AND SLAUGHTERING	(PROFIT)
THIS MURDER FOR PROFIT STINKS	(MURDER)
STOP EXPERIMENTS, IMPRISONMENT + TORTURE	(PROFIT)
WITHOUT ACTION IT WILL GO ON AND ON	(MURDER)
STOP BLOOD SPORTS, THE MURDER FOR PLEASURE	(PROFIT)
ORGANIZE + SABOTAGE	(MURDER)
WE WON'T GAIN LIBERATION BY BEGGING FOR IT	(PROFIT MEANS MURDER)

UNITE FOR THE LIBERATION OF ALL...

TOXIC WASTE;
45/47 DONEGALL STREET
BELFAST BT1 2FG
N. IRELAND
U.K.

BODY COUNT "SLAUGHTERHOUSE"

I WALK PAST THE BUTCHERS WINDOW
I GET SICK AT WHAT I SEE
A COWS TONGUE, BRAIN AND PIGS FEET
WHY MUST ANIMALS DIE FOR HUMAN CONSUMPTION
INNOCENT VICTIMS OF MONEY AND GREED
SLAUGHTERED TO RAISE THE BUTCHERS PROFIT
LIVES PLANNED OUT BEFORE THEY'RE FUCKING BORN

SLAUGHTERHOUSE, HOUSE OF BLOOD
SLAUGHTERHOUSE, HOUSE OF BONE
SLAUGHTERHOUSE, HOUSE OF FLESH
SLAUGHTERHOUSE, HOUSE OF DEATH

PEOPLE RAISING CATTLE IN CENTRAL AMERICA
A WEEKS WAGES FOR A QUART OF MILK
EXPLOITATION OF ANIMALS
EXPLOITATION OF HUMANS

BURGER KING OR IS IT MURDER KING
PEOPLE, INNOCENT VICTIMS OF MONEY AND GREED
SLAUGHTERED TO RAISE THE BUTCHERS PROFIT
OUR LIVES PLANNED OUT BEFORE WE'RE BORN

BODY COUNT;
5301 KETTLER AVE.
LAKEWOOD, CA
90713
U.S.A.

PARANOID VISIONS "THE FEAST"

DEVOURED AT THE FEAST
WHERE DEATH WAS BEING SERVED
WORN BY THE PASSERS-BY
TO NEUTRALIZE THE COLD AIR
BUTCHERED BY A MAN
THE CLEAVER IN HIS HAND
HE'S THE REAPER OF A RACE
THAT'S HERDED AND UNMANNED

CH: FEAST...FEAST...FEAST...OF BLOOD

THE GROUND OF THEIR INHABITANCE
NOW IS OCCUPIED
EXTINCTION POSSIBILITIES
THEY BLED BEFORE THEY DIED
FROM ORDOURVS TO THE WARPAINT
THAT THE MASTER RACE CONSUME
THE PERFUME OF DESTRUCTION
IN THE RESTAURANT OF GLOOM

THE PRIVACY OF SEX LIFE
NOW BECOMES PUBLIC
THE LUXURY OF CHOOSING
A PARTNER NOW DELETE
ARTIFICIAL DARKNESS
THE ACT OF LOVE IS SEX
LIVING ON THE RACK OF RAPE
AND TURNED ON BY THE FLEX

LINE UP;
DEKO.....VOCALS
P.A. JESU.....GUITAR
DAN D. LION.....DRUMS
CAFF.....BASS
AISLING.....VOCALS
(NOT ON THIS TRACK)

PARANOID VISIONS;
47 OFFINGTON LAWN
SUTTON
DUBLIN 13
IRELAND

NATURECORE....."WHITE BLOOD"

There once was a baby, a baby calf at that/ Innocent at birth, not knowing of the future/ The worst is yet to come, this beauty has been pre-destined/ Predestined by man, predestined by you and I/ It should have lived freely but it's not what we're taught/ This baby is your veal, the blood flows once again/ Mother gives a hurried birth, care and affection prohibited/ The calf is sent away, slimed down at the veal farm, intentionally malnourished to produce your juicy pink flesh/ Mother used, trauma never ending, she's strapped to a machine/ A machine that sucks her dry of calf nursing milk/ Utters enlarged and swollen, constantly standing, legs ulcerated!/ She's an animal no more, she's nobodys pet/ Just made into a machine to exploit for traditional human greed/ The blind use of Dairy products is overlooked by even "vegetarians!"/ There are many alternatives to milk, cheese and eggs/ To support this deadly routine is a crime in itself/ Every slice of cheese is a calf on veal death row/ White-milk-moustache on your mouth, is really ghastly red/ The red of a bloody baby, factory farm casualty/ If you take a closer look you see it hidden in our foods/ If there's butter in your bread, there's surely one dead/ It's a catch 22, there is not one without the other/ For what you can't see, it's easy to ignore and push aside/ But there's "rennet" in your cheese, an animal enzyme/ To make the cheese coagulate, vegetable enzymes can be used/ But the truth stood strong, a life tortured for this treat/ Some choose the rennetless route, it's all a moral choice/ If it's justified in your mind, let it be, but I can't agree/ It's easy to continue on with habits rather than change them/ You see it's another hidden crime, it won't "go away"/ You can stop eating meat, but for death you still pay/ For every ice cream you buy the end of an animal/ It's all the same thing, covered up by fancy names/ Refusal of these products, a wise and healthy choice/ Dairy products lead to health hazards, hardening of the arteries, & excess fat.

THE OBITUARY STARTS EARLY - THE ANIMALS ARE ON IT AND WE'RE ON IT!

NATURECORE;
C/O NO MASTER'S VOICE

POWER AGE "EAT WHEAT NOT MEAT"

WHY MUST HUMANS TORTURE
WHY MUST YOU EAT MEAT
WHY MUST ANIMALS SUFFER
LET THE ANIMALS FREE

EAT WHEAT NOT MEAT

LET THE ANIMALS LIVE
LET THE ANIMALS LIVE
WHAT GIVES US THE RIGHT
TO TAKE AN INNOCENT LIFE

EAT WHEAT NOT MEAT

IT'S TIME TO CHANGE
YOUR MURDEROUS WAYS
YOU FILTHY BASTARDS
LIBERATE ALL THE ANIMALS
LIBERATE ALL LIVING THINGS
NOW
BEFORE IT'S TOO LATE
ANIMALS FOR SLAUGHTER
SLAUGHTER, SLAUGHTER
SLAUGHTER
PRETTY LITTLE ANIMALS
ALL FOR THE SLAUGHTER
PRETTY LITTLE ANIMALS
ALL FOR THE SLAUGHTER
INNOCENT VICTIMS

(REPEAT FIRST 2 VERSES)
(CHORUS X8)

LINE UP;
SPIKE.....VOCALS
BRETT.....GUITAR
PADDY.....BASS
PETER.....DRUMS

LEAD VOCALS ON THIS TRACK
BY BRETT AND NOT SPIKE

POWERAGE;
C/O NO MASTER'S VOICE

ANTI-HEROES....."STOP IT!"

HAVE YOU EVER THOUGHT ABOUT YOUR MAKE UP SHIT BECAUSE EVERY DAY ANIMALS HAVE TO DIE FOR IT/ WE'VE GOT TO END THE BLOODSHED, IT'S TIME FOR US TO SEE THAT ANIMALS HAVE FEELINGS LIKE YOU AND ME/ EXPERIMENTS ARE DONE FOR NO REASON AT ALL, BECAUSE THE RESULTS OF THESE EXPERIMENTS ARE TOO SMALL/ THEY DIE FOR WOMEN JUST TO PAINT THEIR FACE, BUT ANIMALS CAN'T SPEAK SO THEY GOT TO PAY THE PRICE// CH; TORTURED FOR HUMAN CONSUMPTION, TORTURED FOR THE HUMAN RACE/ VOICE YOUR PROTEST, DO STAND UP - WE WANT THIS TORTURE TO STOP!// EVERY FUCKING GOVERNMENT SUPPORTS THIS FUCKING GAME/ YOU SLAUGHTER THE INNOCENT, YOU CAUSE THIS FUCKING MAIM/ YOU KILL THE HELPLESS ANIMALS, WHO GIVES YOU THE RIGHT?/ IF THEY'D DO IT TO THE HUMAN SORT WE WOULDN'T BE SO QUIET// CH; TORTURED FOR HUMAN CONSUMPTION, TORTURED FOR THE HUMAN RACE/ VOICE YOUR PROTEST, DO STAND UP - WE WANT THIS TORTURE TO STOP!!

ANTI-HEROES;
C/O H. HARTMANN
VON OSSIETZKYSTR. 11
4200 OBERHAUSEN 11
WEST GERMANY

The blood slowly trickles off the butchers/scientists/ hunters knife, as "descent society" washes their hands of guilt - taking no responsibility for the blood spilt in their name, yet eagerly excepting the incriminating evidence(in the form of a meal, cosmetic, or an article of clothing) - the "end product", a result of much pain and suffering ceases to be seen as such, having been neatly packaged and disguised, washed of blood and put on display, becoming just another commodity to be bought and sold in the marketplace. And the man at the table says, "I only eat it, it's not like I killed the poor thing." Likewise, the man at the slaughterhouse says, "I only kill it, I DON'T eat it." And on and on, for every product of death, from meat and fur to cosmetics and medicine, the guilt continually gets passed on down the line("I only wear it, it's not as if I killed it etc. etc.) until, finally, all become innocent of the crime... And the soldier who was ordered to kill an innocent family says "I was just following orders." No one is responsible for their own actions, the crime hasn't happened and the millions of animals who,for the benefit of "descent society" are tortured and killed, just do not exist.

From the day we are born, we are intentionally force fed a diet of lies and propaganda, through (mostly) the media, (and in some cases our parents) in order to give us a white washed view of reality. Children are shown repeatedly , through a constant barrage of commercials - images of other children(always other HAPPY children) playing with G.I. JOE'S or other war toys,as an upbeat , catchy tune plays in the background. There is no blood, no pain and no sadness. Only happy, smiling children, bright colors and upbeat music. Through constantly saturating the minds of young children with the idea that war toys are fun, they not only get them to buy their products, but also instill in their mind an opinion that war is just a game, that it is something to be desired. The companies make their profits and the system has it's fodder. Likewise, through a similar bombardment of more candy coated ads,next to various saturday morning cartoons and sunday morning specials, children are taught two conflicting ideas - one that they should love animals, be kind to them etc. The other, that to eat meat and dairy products, wear leather, go to the circus, or on a fishing trip, is normal, and in fact, even exciting. Once again,by aiming at the children's desire for fun and happiness, their product is sold - and for the sake of profit, lives are lost.
Day after day these images are repeated,sometimes changing slightly in form(depending on what particular age bracket they're targeting), but overall the message stays one of lies and false packaging(aimed at dulling the viewers senses and lulling them into a purchase)where life becomes nothing more than a commodity, the soldiers limp bloody body the same as the animals - hung on display, no longer related to their human/animal counterparts - becoming a product and nothing more.

Most people never see through the bullshit(believing every word the system feeds them) and spend their entire lives just following orders - seemingly happy to do so, even if it means giving their own life to fuel the machine. However,there has always been a certain percentage of people who see through the veneer and(realizing what lies behind the glossy packaging of this society as a whole) reject the status quo,trying to break away from their years of conditioning to live a life free from the contradictions, lies, and old traditions of the past, banding together with those of similar views, inevitably forming into what is known as a "counter-culture." Unfortunately, within the various "counter-cultures" there has always been a tendency to only see one aspect of the "big picture"(usually that which turned them against or away from main stream society to begin with) and close ones eyes to other, closer to home atrocities, that are harder to realise (let alone change) than their more obvious counter parts(due to the fact that it's quite easy to point a finger at someone elses wrong doings, but usually very difficult to admit to your own). This years thing, last years' thing and every years thing(since the 1960's)is "The Anti-War Movement." It is to be expected. No one wants to die. Most every Punk/Anarchist band seems to have at least one anti-war song, if not a half a dozen. Likewise, the thing that seems to be most important on the list of priorities for most Punks and anarchists is the Anti-War issue. While there is nothing intrinsically wrong with that(although one could debate as to whether or not it actually does much good) there are some very serious contradictions and hypocrisies being practiced by a good number of those who, on one hand, are very sincere caring people trying to alleviate the suffering of their fellow man, and elevate the moral conscience of the world, yet, on the other hand, very often commit the same type of atrocities in their own lives that they condemn others for i.e. while demanding the right to live out their life in peace and harmony, free from government oppression, enslavement, and intervention, they at the same time practice the very same oppression and enslavement against animals(which they so hate when practiced against humans), ignoring their right to live free from outside intervention,& in fact mapping out their entire lives as one of suffering and fear, until the inevitable, almost welcome, release of death.

This double standard is not really surprising, for although the advertisement media's brainwashing campaign is of equal intensity,in regards to trying to make both animal and human exploitation appear to be free from suffering, and in fact, filled with fun and excitement, War(or rather, their created false image of)is the easiest of the two, to actually be able to see through. This for one is because it affects us directly,and thus, is not so easy to ignore. Also, another important factor to be considered is that many of us either grew up during or shortly after the Vietnam War(or were raised by parents who did)at which time anti-war sentiments were extremely high and undoubtedly has an affect on us, not to mention on those who later became, or already were involved with the music,television and movie industries whose records and movies (alot filled with anti-war, counter culture messages) many of us grew up watching and listening to. Through all we picked up from these movies, records, and for many, from our parents, it's likely that we were exposed to more negative images of war than those pretty candy-coated ones of the advertisement world.This however is not the case in regards to animal exploitation. Although most of us were encouraged to be kind to animals, and to pet the cute little pig or cow at the petting zoo, we were never made aware of where meat, dairy, leather and other animal products came from. Never taught to associate the meal on our plate or the lucky rabbit's foot in our pocket with the animal that died to make said product. That is where the double standard comes from. For despite all the lies and propaganda we were raised on regarding war and human exploitation, we at least had enough truthful information(via mainstream media) to balance the scales. Where as in regards to animal exploitation there was never any such balance of truth, and thus never a chance that a doubt would be raised, even among some of the most caring committed individuals, as to whether or not animal exploitation was wrong.

Most of us who did become aware of animal rights did so by getting access to alternative literature, and if it were not for that information, many of us would still be unaware as to the pain and suffering inflicted upon animals, whether in the name of science, or for food, clothing, etc. Unfortunately their are many people out their who have still never seen the information and thus continue on supporting the oppression(sure, they know that a pork chop comes from a pig and that leather is made from a cow, but what they don't know, or rather, what they won't except, is that beneath that plastic wrap is really a dead, murdered animal. That it didn't just go from animal to product at the snap of ones fingers,but involved months of planned out suffering and fear, only to be ended by a painful, blood filled death).

It is our hope that thru the information on this record those people that have not come into contact with,or have newly discovered such ideas,will get a better understanding of the facts behind animal exploitation and once aware of these facts will see the connection between human rights and animal liberation(realizing that it's the same barbaric mentality which allows thousands of men to be slaughtered on the battle fields of war,just to benefit the filthy rich,that causes millions of animals to be murdered in the name of science, or for food, clothing etc.,that whether it be animal or human exploitation the cause is the same - an attitude that one has the right,for their own personal desire,not only to have others serve,but also die for them),and once making such a connection will not only cease to support the endless killing machine, but also actively work against it.

For those already involved with the struggle for animal liberation there is plenty of useful information too, from the facts on the dairy industry and info on veganism(for those vegetarians who, hopefully, will want to make the switch after finding out the truth) to interviews with, and info on, Animal lib activists and The Animal Liberation Front, much of which will be very useful for those who wish to set up animal liberation groups themselves.

At one time, when cows were allowed to live out a fairly normal life before slaughter, the process of turning calves into "saleable beef" took about three years. This was when most of the farming,raising of cattle etc. was still done by independent farmers. However, when big business enterprises, (seeing the potential for huge profit)bought up these small farms - amassing them into a huge corporate farm system - the three year wait was just to long, not fitting in to their idea of a quick turn around product(where the money goes in, the product immediately made, then sold for many times more than the initial investment). So, using corporate ingenuity, along with the help of government scientists, the problem was solved- introducing the feedlot finishing farms, where the three year time span has been reduced to approximately 14 months. From birth to slaughter in about a third of the time, and on the way to the bank with three times the cash to show for it...

The feedlot is the finishing process whereby the calf's first few months of freedom to graze comes to an abrubt end, and all efforts are geared towards rapid weight gain. At six months of age the calf's are removed from pasture lands, (being de-horned, castrated, branded as well as having their ears cut, all without anesthetic)to be confined in either indoor or outdoor feedlots(more often the later). Having their movement restricted, to best utilize for weight gain the vast amounts of legumes,grains and protein supplements fed to them(their feed often mixed with cement dust and their own excretement in order to stretch out the food supply - thus saving the company even more money), they are quickly brought to market weight. This unnatural diet of excessive amounts of grain takes it's toll, causing stomach disorders as well as frustrating the animals urge to ruminate to the point where cattle will constantly lick their own and others coats to obtain the roughage lacking in their diet.

During their eight months at the feedlot, they are given no protection whatsoever from severe weather conditions and will either have to stand on rock hard soil and droppings in hot weather, as well as have the sun beat down on them throughout the day, or on mud and droppings in rainy climates, with the rain taking the place of the sun, only lasting through the night as well. Subjected to these extremes of harsh weather results in the death of many cattle before they even reach the slaughterhouse(in recent years as much as 10% of those cattle in outdoor feedlots). Although indoor feedlots do a provide shelter from the elements, a larger number of cattle are packed into each pen(yet again to cut costs) and are housed on wooden slates which are very painful to the animals feet. So, both are as equally abhorrent - neither one better than the other, and both fucking unbearable!

After this eight month ordeal, the cows, now at "market weight", are shipped off to the slaughter house. Packed into trucks like any other product(that meaning as many crammed into as little a space as possible to save on shiping costs), the cattle suffer from suffocation, broken bones and shipping fever which is a form of pneumonia. Those "lucky" enough not to encounter these injuries are still put through so much stress that they will lose up to 9% of their entire body weight in a 1 to 2 day trip.These injuries do not pose a problem for the producers, as this is the cattles last stop, and if they can't walk to their death then they can just as well be dragged.

A SCENE FROM THE SLAUGHTERHOUSE(PART ONE)

PROVIDING THAT THE PNEUMATIC BOLT IS CORRECTLY AIMED, THE COW IS "STUNNED" WITH A JOLT TO THE HEAD. IT THEN FALLS, AND IS HOISTED INTO THE AIR BY WAY OF A CHAIN ATTACHED TO A REAR LEG. AS THE COW BEGINS TO REGAIN CONSCIOUSNESS IT STARTS TO KICK AND SWAY, TRYING TO BREAK FREE FROM THE IMPRISONING CHAIN. AS IT FALLS TO THE GROUND, THE BUTCHER CUTS A SIX INCH GASH INTO THE ANIMALS THROAT. A SHOCKWAVE OF PAIN THEN RUSHES THRU THE ANIMALS BODY AS IT GOES INTO CONVULSIONS WHICH QUICKLY TURN TO MERE TWITCHES AS ITS LIFE POURS FROM THE OPEN WOUND ONTO THE COLD HARD CONCRETE. NEAR BY ARE THE IMPALED HEADS OF THOSE WHO'VE GONE BEFORE HIM - THE EMPTY POSTS FOR THOSE WHO WILL FOLLOW...

As with cattle, the methods of housing and raising pigs for slaughter has changed dramatically over the years. Once again in order to increase production and profits the animals are forced to live under intolerable conditions, without any regard whatsoever to their health and well being, treated as machines and nothing more("keeping em' oiled and running, buying a new one when the old wears out" - only in this case being killed before they have a chance to "break down").

Continuously re-impregnated sows are completely immobilised for weeks before, during and after birth, the piglets being born onto either metal gratings or concrete. In factory farms, due to the extreme overcrowding, sows tend to fall on ,and thus crush, their young. Rather than give the sows more space to correct this problem the factory farmer utilizes a method which will not cut down on his profits, and that is to give them no space at all. Now sows are put into metal stalls just slightly bigger then their bodies, making it impossible to turn around or roll over. The piglets live right next to the stall(in one of their own). When it's time to feed they are able to stick their heads in between the bars to suckle, but that is all. No real close contact with their mother, and thus no chance of an accident occurring - nor of a normal life. This existence continues for the sow, as she is constantly re-impregnated. For the piglets, they will leave the stall they share with their brothers and sisters, as soon as they're big enough to occupy one of their own, thus starting on the intensive feeding part of their internment.

Pigs are generally thought of as "dirty animals" when in fact nothing could be further from the truth. Under normal conditions Pigs are very clean animals and given the opportunity would much rather lay under the shade of a tree then wallow in mud. The only reason Pigs resort to this is that they have very thick skin and inadequate sweat glands to cope with high temperatures. When temperatures rise to an uncomfortable level, as in the case of an outdoor feeding pen (where there is no shade or water to cool off in), their only method of insulation from the heat is to moisten their skin in the available mud.

Today, in pork raising factories, one man can easily be responsible for over 500 pigs. Housed inside of large wharehouses, where the temperature is controlled and kept constantly high to dissuade the pigs from movement, which a would burn up costly food that could instead be applied for weight gain, each pigs living space is a small cage with just room enough to stand up and lie down but not enough to turn around in.

The flooring either being sloped concrete so that the animals excriments will accumulate at the lowest point, or wooden slats which allow the droppings to fall through, but cause considerable stress to the pigs from leg and foot damage(so much damage in fact, that by the time of slaughter 70% of all pigs housed on slatted floors are lame). Under natural conditions a pig will never soil it's own bed,and it is only because of this confinement that it is forced to do so. CAN YOU IMAGINE LIVING OUT YOUR LIFE IN A CAGE, NOT BEING ABLE TO TURN AROUND AND FORCED TO SLEEP IN YOUR OWN EXCREMENT? COULD YOU IMAGINE YOUR DOG LIVING IN SUCH CONDITIONS? WELL PIGS ARE AS EQUALLY INTELLIGENT AS DOGS AND CAN FEEL PAIN AS MUCH AS YOU, SO WHY IS THERE A DIFFERENCE?

Another form of housing the pigs is to crowd many of them into one pen, so many in fact that they are practically immobile. Due to this unnatural confinement they resort to likewise unnatural behavior, biting each others tails and fighting for space. Rather than giving the pigs more space the factory farmers have come up with another solution to end this problem - they cut off the tail. No thought is given to the immense pain this causes, after all the space created by removing five hundred tails will probably make room for another pig.And in this business, money is the only consideration.

After many months of this horrible existence the pigs are finally brought to market weight. As with cattle they are packed like sardines into trucks or rail cars and shipped off to slaughter. Having not seen sun light for most of their life, nor barley able to use their legs the pigs are forced into pens with an electric prod(used mostly on the eyes, ears, and rectum). Frightened and angry, the pigs(due to frustration) sometimes lash out at each other. Thru some warped logic of the factory farmer they break the animals nose to "keep em' from hurting each other."

Factory farm worker(interview from the animals film): "I use this bat here for loading off boars. If you get two boars fighting they can cut themselves up pretty good. With it I go through and bust their noses. Usually after you bust their noses it gives em' something else to think about...it's easier to load em' that way."

Thru much kicking and whipping, plus the use of bats and electric prods, the pigs finally are brought to their place of slaughter where a hole will be gouged into their main artery, and as they scream their last sounds, will be lifted by chain and dropped into a tank of boiling water. On the production line of death, the end of the line. Washed clean, cut up and packaged, as those behind await their fate.

Can you look at the above information and still say that the question of whether or not to eat meat really just involves someone's "choice"? Is it really just a matter of your right to choose what you will or will not eat? What if this choice involves the support of murder? What if this choice contributes directly to world hunger? What then?

The decision to eat other animals and the convenient assumption that this is a matter of "freedom of choice" implies that we think we have the right to "treat" other lives with less respect because of some human-made measure of superiority. Oppression of both people and animals is based on tyranny - forcefully manipulating the power so that one controls the other.
WHEN WILL YOU SAY NO TO THIS TYRANNY?

Closing your eyes to the realities of the systematic murder of over 5 billion animals for food in the U.S. each year will not change anything. Laughing nervously while chomping into your BIG MAC will not make the murder go away. We give ourselves the "choice" of what we think "tastes good".The animals have no resistance to this choice.

We even have the choice to be more "humane" about systematic murder! We can make ourselves feel better by campaigning for or supporting laws and "conditions" designed to make animals more comfortable in their concentration camp existences on the farms, in transport on the death trucks, and in the slaughterhouse. The animals have no form of resistance.

No matter how "humane" we demand the conditions to be, the animal is still murdered in the end. The animal is still controlled by human whims and artificial human superiority. It doesn't matter if the animal is raised in a cramped cage or crate, or if he is lying around on a bed of straw. Each animals life is still ended in the violence of slaughter. Each animal is born and then raised only to be murdered for human kind. They are still given no choice!

As you bite into your BIG MAC you support murder. With each bite you support the profit-hungry multinational corporation McDonalds - that boasts about 4 billion deaths in the form of burgers a day. And that BIG MAC is a direct part of the callous economic system that causes hunger and mal-nutrition and keeps poor people poor.

In Central America, where as many as 80% of children are undernourished, approximately half of the best agricultural land is used to produce crops and cattle for a small domestic elite... and for export. Instead of using the land for basic food crops for the people of the third world countries, staple crops are exported - as luxury crops and as animal feed! In third world countries only a few rich people own the countries farm land.

Every year we import potential famine-releif food to feed farm animals. A great deal of the Third World's usable farmland is being used for our benefit - for animal feed, tea, coffee, tobacco, and rubber - while people starve! The multinationals are promoting their commercial factory farm equipment and supplies in the third world and are prospering while creating dependence on this vicious cycle. The multinationals perpetuate the status quo of human hunger and animal murder.

It is often argued that vegetarians care more about animals than people. Yet many people decide to become vegetarians because they are concerned about hunger in the world. At least 10 times more people can be sustained on vegetarian food than on a meat-based diet.

McDonalds and Burger King are two of many U.S. corporations who are using AGENT ORANGE and DIOXINS to destroy Central American tropical rain forests. The forests are being turned into grazing pastures for cows that will be sent back to the U.S. as hamburgers. Thousands of rain forest acres are being destroyed daily.Farm animals and wildlife in the forests are both victims of McDonalds. And people who eat fast food at McDonalds are also victims of that greed. McDonalds has been named one of the 5 worst sources of sodium and fat by the Center for Science in the Public Interest. Animal feed is laced with antibiotics, chemicals and growth stimulants. Pesticides and radioactive wastes that have been linked to cancer are stored in meat in much larger concentrations thousands of times greater than that of plants. The US Secretary of Health officially warns that meat causes cancer and heart disease. So, not only is the consumption of meat responsible for the deaths of animals, and a contributing factor to the starvation of third world people, it is also slowly killing you as well. And as if that weren't enough, the two billion tons of animal excretement pumped into US water systems every year, is also destroying our land and polluting our water.

PLEASE STOP AND THINK. IT'S NOT A QUESTION OF ANIMALS VS. PEOPLE...IT IS A QUESTION OF EXTENDING YOUR PHILOSOPHY OF JUSTICE TO INCLUDE THE ANIMALS. IT IS A DECISION TO LIVE YOUR LIFE WITHOUT DEPENDING ON THE PAIN AND DEATH AND ENSLAVEMENT OF OTHER LIVING INHABITANTS OF OUR EARTH.

"BUT WHAT ABOUT DAIRY, EGGS AND SUCH? WHAT COULD POSSIBLY BE WRONG WITH THAT? THEY SURE LOOK HAPPY ENOUGH..."

"WHITEWASH, WHITE LIES AND WHITE BLOOD..."

When most people think about dairy cows, the image that comes to mind is one of the happy, healthy cow out grazing with her young calf next to some fairytale farm in the countryside of Europe. This image is a totally inaccurate one created by the dairy industry(through an advertising campaign which constantly bombards us with these false fairytale images). In fact, over half of the dairy cattle in the United states are permanently confined indoors. Where as before the days of factory farming cows were provided with an acre or more of pasture each, they are now often tied in narrow seven foot long stalls where they must lie on inadequate and contaminated bedding thus causing painful udder and reproductive infections. If, during milking time, a cow is uncooperative and kicks off the milking machine's suction cups, her legs will be tied together. As with all animals living in factory farms, dairy cows suffer from laneness, bruising, stress and boredom, as well as the usual manipulations and mutilations. For example, some female calves are born with more than the usual four teats - sometimes as many as eight. Considered unsightly and a possible nuisance during milking, these extra teats are cut off with no use of anesthetic and then "treated" with merely a dab of antiseptic. Dehorning is also common - farmers claiming that the animals fight less if this is done, thus preventing "injuries". This is usually done when the calves are as young as possible. The most common dehorning device is a large pair of shears like a giant nail clipper;it simply gauges out the horn - taking about a half an inch of skin with it. To stop the excess bleeding farmers use pliers to pull the exposed arteries, as stretching closes them.

In todays typical dairy, cows only live three to five years and up to 35% of the heard will be replaced each year. Thus, it is an economic necessity for producers to breed them as soon, and as frequent as possible. If a calf is not ready for pregnancy by the age of 16 months she will have a hormone implant inserted to bring her into cycle. After ten days she a will be artificially inseminated. Nine and a half months later her calf will be born.

In order to produce the milk, butter and cheese(as well as all dairy products) that form a substantial part of most lacto-vegitarians and carnivores diets, the dairy cow must be subjected to yearly pregnancies. Most believe that the cow is only relieved of her excess milk after her calf has been a satisfied of it's need, but hardly any cows are allowed to a suckle their young for more than the three days during which the mother produces a yellowish milk that is of no use to the dairy farmer but extremely important to the calf. After that the calf is separated from its mother(this causing much emotional hardship as cattle are highly intelligent and the bond between the calf and the mother is particularly strong) and reared by hand so that the milk which the mother provides can be sold instead. During her lactation period(which is about 305 days)a dairy cow produces about 20,000 pounds of milk. During this time she is milked three times a day and then given a six week rest period before she is ready to bear another calf. This is not done out of kindness but ,rather, for profit. Cows milked through an entire lactation period will produce about 30 percent less than those who have a dry period.To start a "dry off" the dairy farmer shocks a cow's system by withholding food and water for a day or so as well as by stopping her daily milkings. Some producers even move their cows to an unfamiliar location to add to the stress.

And so this cycle is repeated - being impregnated again and again, only to have the calf taken time after time - until she is no longer physically capable of either producing calves or milk, at which point she will be sent to the slaughterhouse and converted into the cheaper grades of hamburger meat that are sold to fast food chains.

The calves, who are the inevitable by product of these continuous pregnancies, have four typical fates;

1 - Some female calves, if deemed suitable, will be raised as dairy cows - their miserable fate the same as their mothers (see above).

2 -They may go to slaughter immediately to provide the rennet (which is taken from the stomach of a new born calf)from which most cheeses are made from.

3 - At one week of age they could be sent to an intensive beef unit(factory farm) where they will be forced to overeat large amounts of grain, and be kept in tight quarters until their slaughter(see above article on the factory farming of cattle).

4 - The worst possible fate - they may go to a white veal unit, where they are kept in constant darkness,fed on a purely liquid diet(designed to promote fast growth and keep their flesh white by restricting the calf's intake of iron) and locked in wooden crates just barely larger than their own bodies - their heads held between two wooden slats in order to restrict all movement other than that of standing or lying (which is done to conserve food energy as well as to keep the calf from licking it's own urine which it will do in a frustrated attempt at getting the iron it so desperately needs). The floor of the stalls are slatted so as to allow the animal's waste to fall to the concrete below. This is extremely uncomfortable for the calf's feet, especially since, as the calf's completely liquid diet causes diarrhea, their floor is constantly wet and slippery - thus making it even harder to change from a lying to standing position without repeated falls. On top of this they are given no bedding as their craving for solid food would make them eat it.

ALL OF THESE CHOICES INVOLVE PAIN, SUFFERING AND DEATH. WHETHER YOU BUY A CARTON OF MILK OR A POUND OF VEAL - YOU SUPPORT THE SAME THING. THE DAIRY INDUSTRY IS THE VEAL INDUSTRY. THEY COULD NOT EXIST WITHOUT EACH OTHER.

And it's not just a question of factory farming either. Even non factory farms(where the cows are allowed to graze) contribute to this oppression. For no matter how "well" the mother is treated, their will always be the inevitable by product of pregnant cows, and that is baby calves. Even on small family farms there is the same early separation and eventual slaughter. On the "necessary separation" which must occur, P. Cleveland Peck warns(in "You're Own Dairy Cow") that the cow and calf will cry for each other. "It's a sad sound, but having a house cow is about getting milk for your family, so you just have to shut your ears." And as one half the calves will be male, and only some females will be needed for dairy replacements, three quarters of the calves will have to be sold for beef, or veal production. So found out one group pledged to non-slaughter, who, after only a few years on considerable acreage, found their land so overburdened with castrated males that they had to stop breeding, let their cows run dry and buy in their dairy produce!

SO, THE FACTS ARE CLEAR. THERE CAN BE NO SUPPORT OF THE DAIRY INDUSTRY, EITHER FACTORY OR SMALL FAMILY FARMS, WITHOUT CONTRIBUTING TO THE OPPRESSION AND MURDER OF THESE ANIMALS. ISN'T IT TIME TO TAKE RESPONSIBILITY FOR YOUR ACTIONS AND MAKE A STAND FOR LIFE? SAY NO TO DAIRY!

WHICH CAME FIRST, THE CHICKEN OR THE EGG? IT DOESN'T FUCKING MATTER, THE SUFFERING IS THE SAME!
The factory farming of chickens(both egg laying hens and the broiler chicken)is probably the epitome of a "perfect" factory farm (i.e. most work is done by machines, thus saving the company in wages, as well as speeding up production). No thought is given whatsoever to the well being of the chicken, it's whole life devoid of even the smallest comfort - just another product on the uncaring assembly line.

Hatcheries specialize in one strain of bird - either for egg laying or meat production. As the strains for egg laying aren't good enough for meat, their is no use for the male birds. Their fate, the same as small or injured birds, is one of slow suffocation - to be then ground up for animal feed. For those who are not fortunate enough to be male(and thus be spared from a life filled with suffering and fear where the only release is one of death)the battery farm is what lies ahead. 92% of these chicks are sold to giant battery farming corporations such as Pillsbury, Kroger, Safeway, Kentucky Fried Chicken, Armour etc.- whose battery farms house up to one million laying hens each.

At ten days of age(and again at 20 weeks old) the chicks are de-beaked(a process very painful, as the beak is not an insensitive member and no anesthetic is used)causing many to die from shock. The purpose for this de-beaking is to stop a problem caused by the factory farming system itself. That is, being overcrowded and frustrated, the birds peck each other bloody. Apart from the pain experienced during removal the bird is thereafter without the use of an extremely helpful member, used for preening (among other things), and this greatly adds to the frustration suffered by the hen throughout her life.

The housing for laying hens are the battery cages, which are packed in long rows, one atop another - sometimes five tiers high, and constructed solely of wire mesh(with the floor sloping towards the front, thus enabling the eggs to roll out onto the collection tray). The birds are packed so tightly in these cages that they will have only 1/4 to 1/3 of a square foot each. Spending their entire lives on a wire floor a produces painful malformations on their feet, their claws sometimes growing so long that they will completely wrap around the wire, trapping the bird for the rest of it's miserable life. Even without that unfortunate occurrence, movement is still virtually impossible, being so overcrowded that many either die from suffocation or are crushed by their fellow inmates(an occurrence the producers are well aware of, and in fact actually figure on a 20% death rate which is considered "normal").

Food and water(mixed with chemicals to darken the yolks of the eggs) is automatically supplied at the front of the cages, and if for some reason their individual feeding system were to malfunction, break down etc. they would most likely starve to death, as in these factory farms, one man is usually responsible for approximately 70,000 chickens and for him to give any kind of individual care to the birds, other than removing those which have died,is physically impossible. Illness and disease go undetected, and the birds are constantly plagued by parasites and flies who are attracted by the droppings which accumulate beneath the wire mesh floor of the cages. Frequent use of insecticides is needed to combat these pests, and no doubt due to the use of these chemicals, the largest percentage of deaths are caused by cancer. For the egg laying hens who do not succumb to cancer, starvation, or suffocation, their life will still be cut short as soon as their egg laying days are over - most likely ending up in a can of soup(the only place in which their worn out, cancerous bodies can be hidden).

Although conditions are much better for "range-free" hens it is by no means "oppression-free." In order to get laying hens you have to have fertile eggs, and that means half will hatch into male chicks. As they are of no use to the egg rancher they will either be killed immediately, or sold to a factory farm for meat production. Also, even the free range hen will end up as flavoring, chicken broth etc. as soon as her egg production has dropped. For even on the family farm, not to many are willing to spend money on feed for a chicken and not get anything in return.

Another side of the business, apart from laying hens, is the broiler chicken(raised solely for meat production). The same miserable conditions, of overcrowding, mutilations and other abuses, that the laying hens experience is present here, only for a shorter period of time(approximately 9 weeks)before the desired weight for slaughter is reached.

In order to develop the largest bird in the shortest amount of time, and do so at the lowest cost to the industry, lighting is used to simulate day and night - being switched on and off again and again - to encourage the birds to sleep and eat in quick succession, thus causing rapid weight gain. And of course, once the desired weight is reached, death is just a slaughterhouse away.

Transported in densely overcrowded crates in which they are packed like any fruit or vegetable, the chickens are brought to the slaughterhouse(many often dying from suffocation along the way). After arriving, the birds are pulled from the cages and, having their feet thrust through a metal shackle, are hung upside down on a conveyer belt which will take them to their death. First they pass through an electrically charged water bath, which is supposed to stun the bird, thus making it insensitive to pain before death occurs(Unfortunately, this method is often ineffective - leaving the bird fully

conscious when it's throat is cut). After being "stunned" the birds throat is then cut with an autoastic knife. This too is often times ineffective - cutting incorrectly, and thus leaving the bird still conscious when plunged into a tank of boiling water. WHAT A FUCKING WAY TO DIE!

Yes, what a fucking way to die indeed! And for what? Out of any true necessity towards humans? No! It has been shown time and time again that not only can we survive on a Vegan diet free from all meat, dairy and eggs, but that, infact, we will live longer and healthier lives from doing so. Why then does the slaughter continue? It is painfully obvious that the only reason is to satisfy your tastebuds. There is no other truthful explanation. No moral justification. Veganism is cheaper, healthier and even tastes better (once you've been off of the animal products long enough to break the artificial man made craving you once had for them).

If you are truly a caring, committed individual then make a stand against what is so obviously wrong. If you ignore the reality and continue on in your support of death (which is perhaps the easiest thing to do)animals will continue to die. No choice for them. In your laziness(which is the only reason for not eating a cruelty free diet) you will be directly responsible for their suffering and ultimate death. That is something that will not be changed by a smile or a joke. The facts have been laid out before you - the truth is evident - no longer will the excuse of ignorance be valid. If you truly believe in freedom, then live up to your beliefs. If not, then quite pretending!

SEEN THROUGH TEAR FILLED EYES... by the Alternative.

Human slaughter, animal torture, ritual slaughter/white meat, red meat, neatly packed and processed/And ready to fill your greed/It ain't necessity, the only point it serves is to make the companies richer/Liberation for the workers, for the blacks, for the gays for the women/Anarchy and peace you scream as you prod your fork into another dead animal.

The captive bolt goes through another head and another a animals hanging dead/The easter butchers an obecene reality which can only be supported by the limitations which constitute murder, cos in your eyes, murder is a crime when it's one of your kind, but murder is the taking of anothers life/It's a premature death that you don't want to think about. etc.

The following article reprinted from
"THE VEGAN COOKBOOK"
by Alan Wakeman and Gordon Baskerville

Seven Reasons to be Vegan

1 HEALTH

It would be possible to follow a 100 per cent vegan regime and not be eating healthily – but you'd have to work at it. For example you could have white bread and jam for breakfast, chips and beans for lunch and baked beans on white toast for dinner. Providing you persisted, after a while, if you didn't die of boredom, you'd die of something else.

But people who become vegan generally do so only after a lot of thought and the diet they choose usually consists of high-quality wholefood cereals, grains and pulses supplemented with fresh fruit, salads and vegetables – the diet, in short, that we present in this book and this is what we mean by 'a vegan diet' in this section.

There is increasing evidence that a vegan diet like this is to be strongly recommended on health grounds:

- Animals reared for consumption as meat are now fed on an appalling cocktail of chemicals, hormones and antibiotics. The long-term consequences of consuming these toxic substances in meat isn't known but it can hardly be beneficial.
- The high levels of cholesterol found in all meat and dairy products are now generally thought by the medical profession to be dangerous for human health. 'Natural' meat came from animals that roamed and ran wild. They had virtually no fat on them and what they had was unsaturated. Factory-farmed animals get no exercise at all and their flesh – even the lean – contains up to 50 per cent saturated fat.
- Cow's milk produced by the dairy industry has been found to contain significant quantities of pesticides, antibiotics and teat dip disinfectants. Their effect on humans has not been investigated. Again, it cannot be beneficial.
- A surprisingly large number of people are allergic to cow's milk, especially young children. Eczema, asthma, tonsillitis and gastro-intestinal disturbances are some of the problems that can result. People may suffer from a range of distressing symptoms for years before discovering that the symptoms simply disappear as soon as they stop drinking the cow's milk that caused them.
- The typical Western diet provides about 12 grams of salt a day – about 2 teaspoonfuls – most of it coming from meat and meat products. This is certainly too much and may lead to high blood pressure and all its associated risks. Vegan diets are relatively low in salt.
- Vegan and vegetarian foods do not attract the noxious bacteria that are responsible for salmonella and other forms of food poisoning.

Further evidence was published by the Health Education Council in a leaflet in 1985:

'A hundred years ago, most people ate plenty of fibre from bread and potatoes, but lacked a fully adequate varied diet. Diseases caused by a lack of vitamins and minerals were common. Today, the problems are different. Many people now eat too much meat, dairy produce and sugar, and too little fibre for good health . . .

'Research has shown links between what we eat and many modern diseases. For example:

- Heart disease may be linked with too much fat.
- Diabetes and tooth decay may be linked with too much sugar.
- High blood pressure and strokes may be linked with too much salt.
- Bowel cancer, constipation and diverticulosis (a common bowel problem) may be linked with too little fibre.
- Obesity may be linked with too much fat and sugar, and too little fibre. Diabetes, high blood pressure, strokes and heart disease are all associated with obesity too.'

All the fats referred to in this quote are the saturated type, found chiefly in foods of animal origin. Just over a quarter of the fat eaten in the typical Western diet comes from meat, butter and margarine provide another quarter, milk and cooking fats account for another, and the remaining quarter is made up of cheese and 'hidden' fats in pastry, sweets, ice-creams and other 'convenience' foods.

The simple fact of converting to a vegan diet removes all the cholesterol and nearly all the saturated fat and reduces the total quantity of polyunsaturated fat to the 30–35 per cent of the total energy intake which is recommended by the Health Education Council for general good health and the prevention of heart disease.

If all this leaves you unmoved, consider this: Britain's longest-lived man, Harry Shoerats, died in February 1984, aged 111. He was born in Russia in 1872 and settled in Britain in 1917. He attributed his longevity primarily to his vegan diet of fruit, nuts, vegetables and cereals. He did not retire from his work as a craftsman until the age of 104 and cycled to work daily till his 100th birthday.

2 ECONOMIC

If you follow a diet based on the recipes in this book, you'll certainly find yourself spending a lot less on food on a personal basis, but the consequences of a shift to a vegan diet among the population, at large would be considerably more far-reaching.

Animals reared for their meat have been calculated to use 90 per cent of the plant food given to them simply to sustain their own bodily processes. Only 10 per cent finally arrives on the plates of omnivores. It would be hard to imagine a more uneconomic or wasteful way of using the world's resources.

If there were a major shift towards veganism in the industrialized nations, the prices of plant foods would fall everywhere, especially in the Third World.

3 ECOLOGICAL

More than 40 per cent of the world's tropical rain forest has been destroyed this century. The current rate of disappearance is 50 hectares a minute. Most people might think it fatuous to suggest that becoming a vegan could have the slightest effect on this. Yet it is a simple fact that most of the vast areas that are being destroyed and laid down to grass in South America are being levelled for no better reason than the raising of beef cattle for the North American steak and hamburger market. As a result, *the world is losing* rare species at a frightening and accelerating rate.

Similar pressures apply wherever land is farmed intensively. Britain's countryside is fast being turned into a vast, bleak, prairie-like landscape devoid of hedgerows or trees simply in order to produce yet more contributions to the EEC grain mountains, most of which are sold off as animal feed. Countless species of our wild birds, animals, butterflies and wild flowers are threatened as a result.

At sea, intensive fishing has destroyed the vast herring shoals that once roamed around Britain's shores (and the North Sea fishing industry with them) and everyone knows how near several species of whale have come to extinction.

The list, alas, goes on and on. There are hundreds of other species whose habitats are threatened by the millions of omnivores our species counts among its members.

> The average Briton now consumes up to 8 beef cattle, 36 pigs, 36 sheep and 550 poultry birds in the average lifetime.' (*The Animals Report*, Richard North, Penguin, 1983.)

Multiply this by the 55 million people in the UK and you begin to realize the scale of the problem.

Clearly, every single person who becomes vegan immediately ceases their personal contribution to this inexorable demand for the products of the intensive farming of animals. So *everyone who becomes vegan ceases to be part of the problem and becomes part of the solution* – helping to ease the intolerable pressure that humanity now exerts on every other species to the farthest reaches of the globe.

4 ALTRUISTIC

'Why do you people care more about animals than about humans?' is a challenge that is often thrown at vegans and vegetarians by irritated omnivores.

Leaving aside the fact that it is clearly an emotional response, probably stemming from their own feelings of guilt, it is simply not true:

> 'If Americans were to reduce their meat consumption by only 10 per cent for one year, it would free at least 12 million tons of grain for human consumption – or enough to feed 60 million people . . . Indeed, if Americans were to stop eating grain-fed beef altogether the grain thus released would be enough to feed all the 600 million people in India.' (*Animal Liberation*, Peter Singer, Thorsons, 1983.)

Not to mention the 'few' starving millions in central Africa!

For the truth is that if you wish to put the welfare of humanity first, you can hardly do better than *become vegan!*

So the next time an irritable omnivore challenges you in this way, why not throw the challenge right back by asking: 'Why are you so indifferent to the starving people in the Third World that you selfishly continue to eat more than ten times the grain you need in the form of animal protein?'

If all this sounds a bit too idealistic for you, consider this: since the case for the vegan diet as healthier is now irrefutable (and generally accepted by the medical profession) what better way can there be of showing your love and concern for those closest to you than by preparing for them not only food they will enjoy, but food that is good for their health?

5 COMPASSIONATE

> 'A human being is a part of a whole, called by us 'Universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us.
>
> 'Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.' (Albert Einstein.)

> 'If true, the Pythagorean principles as to abstaining from flesh, foster innocence; if ill-founded they at least teach us frugality, and what loss have you in losing your cruelty? It merely deprives you of the food of lions and vultures . . . let us ask what is best – not what is customary. Let us love temperance – let us be just – let us refrain from bloodshed.' (Seneca.)

> 'I, for my part, wonder of what sort of feeling, mind or reason that man was possessed who was first to pollute his mouth with gore, and allow his lips to touch the flesh of a murdered being; who spread his table with the mangled form of dead bodies, and claimed as daily food and dainty dishes what but now were beings endowed with movement, with perception and with voice.' (Plutarch.)

What would such compassionate and thoughtful men as these have said of the catalogue of misery and suffering we now inflict on animals in the name of profit and of science? For the abuses they wrote of were trifling compared with the scale and quality of the practices of factory farming, or the wholesale abuses inherent in the routine testing on innocent and defenceless creatures of the unnecessary, trivial products of the cosmetics industry?

Most omnivores, if they were forced to spend a single day enduring the conditions of the average factory farm would renounce meat-eating for life. It is not lack of imagination that prevents them from discovering this, but a deliberate, conscious decision to remain ignorant for fear that *knowing the full consequences of their demand for cheap meat would be too painful too endure.* Such people are more guilty of the suffering inflicted on animals in their name than any German citizen was, in the Second World War, who sought to prove afterwards that he or she simply 'didn't know' what was going on in the concentration camps.

But if what is done in factory farms is appalling, it pales into insignificance compared with the horrors inflicted in laboratories in the name of science.

> 'In Britain, where experimenters are required to report the number of experiments performed, official government figures show that 4,443,843 experiments on animals were performed in 1981. In the United States there are no figures of comparable accuracy. Under the Animal Welfare Act [sic] of 1970 the US Department of Agriculture publishes a report listing the number of animals used by facilities registered with it, but this list is incomplete in many ways. It does not include rats, mice, birds, reptiles, frogs, or domestic farm animals used for experimental purposes; it does not include animals used in secondary schools, or by government agencies; and it does not include experiments performed by facilities that do not transport animals interstate or receive grants or contracts from the federal government. According to this very incomplete report, somewhere between 1.6 and 1.8 million animals are used in experimentation each year. The number of dogs is 200,000, cats 50–70,000, primates 50,000, rabbits, hamsters and guinea pigs around half a million each . .
>
> 'Surely one day . . . our children's children, reading about what was done in laboratories in the twentieth century, will feel the same sense of horror and incredulity at what otherwise civilised people can do that we now feel when we read about the atrocities of the Roman gladiatorial arenas or the eighteenth-century slave trade.' (*Animal Liberation*, Peter Singer.)

Ask yourself what possible response can any sane and compassionate person have to this unforgivable lapse on the part of humanity, other than determinedly and single-mindedly to boycott any or all of the products of such practices?

6 ETHICAL

> 'If man's aspirations towards right living are serious . . . he will first abstain from animal food because . . . its use is simply immoral, as it requires the performance of an act which is contrary to moral feeling – killing.' *The Ethics of Diet*, Tolstoy.

But are humanity's aspirations serious? We often claim to have attained the highest level of consciousness of any living creature on earth. Whether this is true or not – and it must be open to doubt in view of the mindless, institutionalized cruelty of our factory farms, vivisection laboratories and the torture of our own kind in prisons around the world, it is certainly true that we have become the guardians of this planet and of all its life forms. So, with all our faults, we must try to behave as responsibly as we can.

Is factory farming a responsible way to behave? Even the most recalcitrant meat-eater can hardly deny that cruelty and suffering are inherent in it. In an attempt to divert attention away from their own doubts, which often stem from the fear of having to change, such people launch into debates about *how much* pain animals can suffer compared with humans. But this is irrelevant. If we agree that suffering is bad, and that animals do suffer as a consequence of our actions, then it doesn't matter how much they suffer but that they suffer at all. So we must change our actions or stand condemned of callousness.

Nor is it good enough to support the theory but fail to support the practice: 'They pity, and they eat the objects of their compassion.' (*The Citizen of the World*, Oliver Goldsmith, in *Collected Works*, Clarendon Press, Oxford, 1966.)

> 'If a boycott is the only way to stop cruelty, then we must encourage as many people as possible to join the boycott. We can only be effective in this if we ourselves set the example.' (*Animal Liberation*, Peter Singer.)

> 'A vegetarian diet is the acid test of humanitarianism.' (Tolstoy.)

7 SPIRITUAL

Orthodox Buddhists and Hindus have always been vegetarian and often vegan for their religions are founded on the belief that life is sacred – not just *human life*, as in Christianity, but *all* life. But, just as importantly, both these great religions also teach that not only is a vegan diet correct in ethical terms, but that it is also more conducive to spiritual peace of mind and the acquisition of the virtues of humility and compassion. Christians have, of course, always admired just these two virtues above all else in their own founder and leader, so it is odd how little heed is paid to his own words on the subject:

> 'Not by shedding innocent blood, but by living a righteous life shall ye find the peace of God . . . Blessed are they who keep this law; for God is manifested in all creatures. All creatures live in God, and God is hid in them . . .
>
> 'The fruit of the trees and the seeds and of the herbs alone do I partake, and these are changed by the spirit into my flesh and blood. Of these alone and their like shall ye eat who believe in me and are my disciples; for of these, in the spirit, come life and health and healing unto man . . .'
>
> (From *The Gospel of the Holy Twelve*, trans. by G. J. Ouseley.)

It would seem that the Jesus in this apocryphal gospel is advocating veganism. In another early gospel, translated into English directly from the Aramaic tongue Jesus is thought to have spoken, there is a specific warning of the dire consequences of the killing and eating of animals:

> 'And the flesh of slain beasts in his own body will become his own tomb. For I tell you truly, he who kills, kills himself, and whoso eats the flesh of slain beasts, eats the body of death.'
>
> (From *The Gospel of Peace of Jesus Christ by the Disciple John*. Trans. by E. B. Szekely, C. W. Daniel, London 1937.)

But isn't it enough to be vegetarian?
Why do I have to become *vegan*?

The problem is that the industrial production of milk, butter, eggs and cheese is totally dependant on the existence of the rest of the factory farming industry with all its odious practices. Repeated frustrated pregnancies

are required to keep dairy cows lactating and in any case they are slaughtered for meat as soon as their milk yield drops, and it is the fate of their unfortunate calves to be removed from their mothers at birth and sent either straight to the slaughterhouse or to veal production units. Most eggs come from battery systems of course (including those with names like 'Farm Fresh') but even free-range egg production entails the killing of the unproductive – the cocks (only half of a batch of fertile eggs will hatch into hens) and even the productive hens are sent for slaughter as soon as their laying days are over.

So we see that even buying a carton of milk in a supermarket or half a dozen free-range eggs in a wholefood shop, makes a tiny, but significant, contribution to industrial slaughter.

Well, if these seven reasons haven't convinced you, let us add an eighth! Neither of the authors of this book found their food even half as enjoyable before becoming vegan as we have since. So, if you can't bring yourself to change your diet for health, economic, ecological, altruistic, compassionate, ethical or spiritual reasons, then *change it for the sheer pleasure of eating the wonderful vegan dishes we have invented for you!*

Notes on Vegan Nutrition

FOOD FOR HEALTH

We are what we eat' goes the well-known platitude. But it's actually a simple statement of fact because all living tissue on our planet is made from the sun's energy via the miracle of plant growth.

For perfect health, the human body needs carbohydrate and fat (for energy), protein (for the building of tissues), fibre (for good digestion), plus tiny amounts of complex substances called vitamins, certain minerals and, of course, water. This brief summary of these individual constituents of our diet describes what they are and how we, as vegans, can make sure that we eat them in the correct proportions.

CARBOHYDRATE

When sunlight falls on green plants, they mysteriously spin their substance from carbon dioxide and water. How they do it is still not fully understood. We take it for granted simply because it happens all the time. Sugars and starches are two forms of plant substance, known as carbohydrates, that the plant produces as a way of storing energy for use when the sun isn't shining and these form the chief source of energy in human food. And only plants can do this – although carnivorous animals such as dogs and lions seldom eat plants directly, they do eat animals that have eaten nothing else. Since these sugars and starches are present in all plants, sugars predominantly in fruit, starches in seeds and roots, there is no difficulty in getting an adequate supply in an exclusively vegan diet.

FAT

There are three main kinds of fat. Two of them, *saturated* and *monounsaturated*, can be made in the body from carbohydrate and so are not essential in the diet. They occur chiefly in animals which store them as an energy reserve (even lean meat contains a lot) and are high in cholesterol. The third kind, *polyunsaturated*, cannot be made in the body but must be taken in the form of plant food. It contains no cholesterol.

> 'The Royal College of Physicians advocate a generous intake of polyunsaturated fatty acids but a restricted intake of saturated fatty acids for the prevention of coronary heart disease.'

The conclusion seems obvious – not only are vegetable oils necessary, but a healthier way to take the fat we need.

The Health Education Council now recommends that fat should not form more than 30–35 per cent of the total energy intake. Nearly all omnivores and some vegetarians often exceed this figure by 10–20 per cent or more – and it's animal fat at that – but:

> 'A vegan diet composed mainly of unrefined cereals, pulses and nuts supplemented with smaller amounts of fruit and vegetables will be high in fibre and starch and provide 60–70 per cent of the total energy in the diet from carbohydrate.'

Which is just what the doctor ordered!

PROTEIN

Proteins are enormous molecules which are broken down by the body's digestive processes into their component parts, called amino acids, and used as building blocks for tissues such as skin and muscle. There are several different kinds of these amino acids commonly found in plants and animals but although plants can synthesize all they need, there are eight kinds that humans and other animals are unable to make. These are called the essential amino acids and, as the body is unable to store them, they form a vital part of our daily food.

All these building blocks must be present together for the body to be able to use them and, as their proportions vary from one plant to another, it makes sense to combine two or more plants in a particular dish to ensure 'a good protein balance'. (For example, *Three Seed Bread*, page 210. *Tomato & Lentil Flan*, page 73, *Poppy Seed Tart*, page 224 and so on.)

But, contrary to popular belief, there is no problem at all getting enough of these protein building blocks from plant food.

> 'Cereals, nuts, potatoes and oil seeds contain about 10 per cent of their available energy as protein and pulses about 30 per cent; fruit, leafy vegetables and roots and tubers (other than potatoes) generally contain very little protein.
>
> 'The Department of Health & Social Security recommend that 10 per cent of the daily energy intake should come from protein. This means an intake of 55 grams/day for women and 68 grams/day for men leading a sedentary life. *These recommended intakes can easily be satisfied by a vegan diet based mainly on cereals, potatoes, pulses, nuts and oil seeds and supplemented by smaller amounts of fruit and vegetables.*' (Our italics)

FIBRE

Some of the carbohydrates synthesized by plants are used to form the basic structure of their cell walls. Called cellulose or fibre, these can only be easily digested by herbivores (such as sheep, cows and horses) by a process of fermentation that takes several days and, in the case of cows, requires five stomachs! As a result, fibre was once thought not to be an essential part of the human diet. But more recent research has shown that it is in fact vital for healthy digestion in humans because it provides roughage that helps the food pass through the gut more quickly, thereby preventing constipation and the build-up of toxins. It also helps to control blood sugar levels by slowing down the absorption of sugars and starches – particularly important for diabetics – and keeps down the blood cholesterol level, thereby reducing the risk of heart disease. There is also evidence that it reduces the risk of bowel cancer. Finally, and perhaps most importantly of all, it gives a feeling of fullness without the consumption of more food than is good for you.

VITAMINS

Plants are such a rich source of nearly all the vitamins we need that only two need concern us here: B_{12} and D.

VITAMIN B_{12}

> 'Vitamin B_{12} is unique among the vitamins being made exclusively by micro-organisms. Cereals, fruit, nuts, pulses, vegetables and other plant foods are apparently free from the vitamin unless contaminated by micro-organisms that produce the vitamin and by insects. Thus vegan diets are most likely to be lacking in vitamin B_{12}. The highest amount of vitamin B_{12} in foods is found in liver and kidney although it is present in all flesh and dairy foods. The vitamin is produced commercially from bacteria and a number of vegan foods, such as Tastex, Barmene, Plamil and Granogen, are now supplemented with the vitamin. The daily requirement for vitamin B_{12} is very small, in the region of 1–3 micro-g/day (1 micro-g is a millionth of a gram), and this makes the study of vitamin B_{12} nutrition very difficult.'

Furthermore, the human body can store up to four years' supply of the vitamin, so that although the body may use 3 micro-gs daily, we don't actually need to *eat* some every day.

It seems likely that in our original 'natural' state, eating rain-washed fruits, roots and berries in the primeval forest, human beings would have developed or absorbed the necessary intestinal flora to synthesize the tiny amounts needed and have had the capacity to absorb them directly from the gut without needing to take them in through the mouth. Even with today's sprayed and fertilized crops, many vegans claim to have remained healthy for years without supplementing their diets with B_{12}.

Luckily, there are natural sources of B_{12} other than dead animal flesh, for it is almost always found in plant products that are the result of fermentation, such as beers (particularly stout), wines, miso, yoghurt, etc.

Amounts may be small, however, and if you plan to be exclusively vegan on a permanent basis, it's probably better to be safe than sorry and take a vitamin B_{12} supplement. Even though you probably won't actually need it, it won't do you any harm! In any case, the vitamin B_{12} tablets available in wholefood shops are produced by fermentation processes similar to those occurring in the production of beer or miso, and have just as much claim to being described as 'natural'.

VITAMIN D

> 'Plant foods do not contain vitamin D, which is associated with the absorption of calcium and bone development, but individuals can synthesise the vitamin for themselves by the action of sunlight on their skin. Vitamin D deficiency can occur in children reared on a vegan diet if they are not sufficiently exposed to sunlight or not given a dietary source of the vitamin.'

So vegans who shun the sun should make sure they're getting enough of the vitamin in their diet. This isn't difficult in practice since it is added as a supplement to all margarines and to some soya milks. Vitamin D pills are also available. These remarks apply particularly to young children, especially those of Asian families, who tend to keep them out of the sun.

MINERALS

We also need a number of minerals in our diet for good health but since these are widely distributed through a whole range of plants there is generally no problem getting them.

Plant foods, especially fruit and vegetables, contain less salt than foods of animal origin. The correct quantity of salt is a matter of much dispute in the medical profession, but there is some evidence that the typical Western diet contains too much of it and that this leads to problems of high blood pressure and difficulties with the heart and kidneys. So, once again, the vegan diet may alleviate rather than cause symptoms.

SUMMARY

If you eat from a wide range of the recipes given in this book, using the ingredients specified, you are most unlikely to suffer any nutrient, vitamin or mineral deficiency.

But if you are cautious by nature and want to be absolutely sure of your supply of vitamin B_{12}, take care to include some stout beer, yoghurt, wine and miso in your diet on a regular basis and take vitamin B_{12} pills which are themselves, as has been pointed out, produced by a process of natural fermentation.

If you wish to know more on the subject, we recommend you to read *Vegan Nutrition* by T. A. B. Sanders, published by the Vegan Society, which is the source of all the quotes in these brief notes.

DIED IN THE WOOL. What really goes on in the wool industry?

TRANSPORTATION;
Sheep are transported without food or water in extreme heat and cold. Broken legs, eye injuries etc. are common.

SHEERING
Sheering causes injury to sheep: They are violently pinned down and roughly sheered; their skin is cut open due to the person's clumsiness and sheering too closely. Bleeding is stopped with the application of a hot tarry substance. Because they lose their warm coats, respiratory diseases are widespread. Every year hundreds of thousands of shorn sheep finally die from exposure to cold.

YOUNG & OLD SHEEP
Ram lambs and old "wool" sheep are slaughtered for their meat, and their bodies are shorn or skinned. The skins are used for rugs, seat covers, etc. About one-seventh of U.S. - produces wool comes from slaughtered sheep. Much of the worlds sheep-raising takes place in Australia, where tens of thousands of sheep are herded onto huge(14 tiers high)ships resembling old slave-trade ships. After a 3 week voyage, they arrive in the Middle East, where they are killed in the Halal slaughter method(ritual Moslem slaughter). A minimum of 2% have already died enroute from stress. Moslem religious law does not require the knife to be sharpened between each kill, so sheep often have their throat sawed open with a dull knife. The wool is then sold to the world's garment industries. Over 6 million sheep made the Australia-Middle East voyage in 1982.

A FAR CRY FROM THE "A SIMPLE HAIRCUT WHICH THEY ENJOY" LIE TOLD TO US SO MANY TIMES IN SCHOOL!

For too long now the arguments for and against vivisection have been waged over scientific issues - whether or not vivisection is of help to humans. There of course has been much evidence proving that animal experimentation is not of use to humans, and in fact can be harmful, as test results gathered on animals cannot be accurately applied to people(tragically demonstrated by babies whose mothers were given what animal tests had concluded to be a wonder drug - thalidimide). There has been further evidence as well suggesting that most experimentation is not even conducted with a hope of actually gaining useful information, but rather, simply to generate more money and fame through grants and publishings in scientific journals. In fact, for each experiment going on today, there have probably been, through out time, a hundred or a thousand more of the same exact one each with the same exact results - information that is filed away, never to be used because there is no use for it.

But this is besides the point. To base our argument against vivisection on these points, to fill up this page with facts on how vivisection is a medical fraud, and how there are many alternatives to animal research, would be to say that if the scientific community could prove to us that 1) vivisection actually does help humans 2) that vivisectors are only doing what they do to help save human lives, and 3) that mathematical and computer models, as well as tissue and bacterial cultures do NOT work, and that there are NO other viable alternatives to live animal models, that vivisection would be OK. And that is wrong. It is not an issue of if it works or doesn't work. It is a question of our right to take another animals life. Even if vivisection were to save human lives, we have no right to torture and kill other species just because we deem ourselves more intelligent, for intelligence has nothing to do with whether or not one can feel joy, and love, or pain and suffering. Just look at a baby. It is no more intelligent than a fully grown primate, yet surely the thought of inflicting pain to such an innocent child is unthinkable. Or the mentally retarded. Are they worthy of an agonizing death because they aren't as "intelligent" as the rest of society? Of course not, and it should be no different for animals. They feel the pain of the scalpel blade pierce their skin, of the torch burn their flesh, and that is all that matters. And even if intelligence was an issue - who's to say we humans are the smartest species? We have no way of knowing, because we can't help but be biased when judging our own intelligence - for we are comparing it to things that only have relevance to us. For instance, a math equation or a piece of literature - we use these things to communicate in our society, so we deem them highly valuable. And because we see them to have such great importance we measure other species intelligence by their capability to grasp such ideas. But to other members of the animal kingdom these things have no use whatsoever, for they are not part of our society. They live in a totally different reality than us - i.e. in nature. They don't need to build houses, cars and planes to survive - they are smart enough to be able to live within the natural environment, something we as humans, with all of our "intelligence" have not been able to do for thousands of years. So who's to say we're "smarter?"

In the grand scale of things isn't coexisting with nature, as animals have done for thousands of years, alot more intelligent than man pushing the planet to the brink of destruction by putting a hole in the ozone layer, and tearing down the rain forests that supply oxygen to the planet? Of course it is, so let's stop using the excuse of "superior intelligence" as an excuse to dominate and destroy all other life forms on this earth. Cos we're not smarter, and, even if we were, have no right to use those whom we deem inferior to experiment on, no matter if it is of great benefit to us or not. For in the grand scale of things, we have no more right to life and liberty, than any other living thing.

That said, here are a few examples of some of the "intelligent" things humans are doing to animals...

THE DRAIZE TEST. In the Draize test rabbits are restrained for periods of up to 12 days while cosmetic companies force chemicals such as bleach, make-up and shampoo(as well as many other harmful products)into their eyes to test for potential harm to humans. Rabbits are used because they have no tear ducts which, as in humans, would cause tears to wash the substance from the eyes. The end result of course being blindness, then sacrifice of the "useless" rabbits.

THE LD50 TEST. LD50 Stands for Lethal Dose 50%. Quite simply this is the amount of any substance, from cosmetics to cleaning products, sufficient to kill half a group of laboratory animals. Chemicals from bleach, to ammonia are pumped down a tube into the animals stomach until 50% of them die, thus figuring out what constitutes a lethal dose of said product.

And almost every major brand name product uses these tests even though they're not required. From household cleaning products, & laundry detergent etc., to all cosmetics, incl. toothpaste, & eye drops, to medication and even beer and hard alchohol.

But don't think that vivisection is limited only to these areas. Almost everything you could imagine being done to an animal is being done, without anesthetic, under the guise of "scientific research." Animals are shot in the head to test gunshot wounds, blown to bits in explosives experiments, and given high doses of radiation to test nuclear weapons. Perfectly healthy dogs are given cancerous tumors, and cat's have their heads and spines crushed to test out treatments for humans with similar injuries. Pigs have their skin burnt to a crisp with torches, and monkeys are used in heart transplant experiments - where the "donor" is strapped down, given no anesthesia, and his heart cut out. And the list goes on and on...

It's time for us to put an end to this cruelty. Quite supporting the companies that test their products on animals and start supporting those who don't. And if there's a death camp near you, do what you can do to end the suffering. Animals can't free themselves - they need your help.

INTERVIEWS WITH ANIMAL LIBERATION FRONT ACTIVISTS

Q. How did you become members of the ALF?

A. We are not members of the ALF, in fact the ALF has not one single member. We are ALF activists by virtue of the fact that we carry out actions, whether on an occasional or frequent basis. Immediately after superglue has been squirted into a fur shop lock, the person/s involved becomes an activist. This is exactly how we became involved in direct action four years ago.

Q. Why did you become involved in direct action?

A. As members of various societies, such as the RSPCA, for many years we began to learn about the many; and varied ways that animals are exploited and cruelly treated. What also became apparent was that the old 1876 cruelty to animals act was totally outdated. When I personally came into contact with the full-time staff of the various animal welfare societies I was sickened by their complacency. They were well-paid in the main and quite happy to plod along. At that time over 100 years of political campaigning had failed to halt the increase in factory farming, vivisection and even failed to outlaw the blinding of rabbits for cosmetics.
The RSPCA at present has an annual income of approximately 10 million pounds. Cat and dogs at their branches are only kept for 7 days before being killed.
In some branches, dogs are made to stand in water in an electrocution chamber, electrodes are then connected and the dog electrocuted. Sometimes, a particularly long-haired dog is only burned and needs to be electrocuted again to kill it.

Being interested in and following environmental issues brought us into contact with the way in which Greenpeace mounted its successful direct actions, while in the House of Commons, Friends of the Earth complimented these actions by mobilizing public support and lobbying MPs and so achieved reforms. However, these days have, for the most part, also passed with the advent of the all-powerful multinationals, with a number of MPs already having vested interests in factory farming, others receive advisory fees, sit on Boards of Directors of companies involved in vivisection and many MPs have shares in companies involved in animal abuse - the most disgraceful recent addition being Gwyneth Dunwoody, Labour MP, who took the post as a Parliamentary advisor to the British Fur Traders Association for 4,000 pounds a year.
With the White Paper on animal experiments, or to give it its correct title the "Vivisectors Charter", becoming law the Mobilisation campaign has not only failed, but left the movement high and dry. Can the animals afford to wait another hundred years for another chance to stop the Draize Test, and what of the millions of hens in battery cages, hare coursing etc., can they wait? Of course not.
Even those involved in political campaigning who claim to be of a radical disposition must now accept the futility of devoting so much of the movements resources to political lobbying. Of course, public education, through leafletting, and some marches against particular premises, draw more people into the movement. Boycott campaigns are an essential component, but at present the majority of people involved with the movement are involved in political campaigns, the value of which must not be over estimated. With the "Vivisectors Charter" becoming law, we need to reverse this trend so that the majority are involved in direct action.

It is down to those who are sincere in the belief that animals have the right to a full and natural life, those who will stand as the suffragettes and the anti-slavery campaigners did and Greenpeace do and will say enough is enough. Anti-slavery campaigners liberated many slaves from Southern states of America and smuggled them through the Northern states into Canada where they then lived with Canadian families. Both the direct action of the suffragettes and the anti-slavery campaigners were successful, it is now time for the animal liberation and economic sabotage will alert the public fully to the horrors involved behind closed doors and make it financially unviable to be involved in animal exploitation. Pirate whaling was virtually finished off in a short space of time with the ramming of the infamous pirate whaling ship, the Sierra, by the Sea Shepherd ship,; an action that received world wide publicity and public support. When it was discovered that the Sierra was being repaired, in the Portugese harbor in which it was berthed, so that it could fly under its flag of convenience and continue slaughtering the protected mighty blue whale and others, it was blown up while the crew were ashore. Again the sinking of the Sierra received massive public support and pirate whalers found they could not persuade crews, no matter how much cash they offered, to sail.

How does an animal rights campaigner become involved in activities?

As already mentioned, anyone wishing to take part in direct action does not apply for membership of the A.L.F., you do not write to or telephone the ALF Press Office, you quite simply take action on your own, with friends or members of your society you know you can trust. Approaching others is something that has to be done subtly. Anyone who is not interested in being involved should not be aware that you are in the process of forming a direct action group. Choosing the right people is all important, that and a positive attitude - in other words, from the outset, decide on a professional approach. Take it seriously and the rest will come from experience. Those who allow their ego to become involved and boast of their activities to gain status are betraying themselves and ultimately the sentient creatures that need their help. Plain clothes police officers mingle with campaigners on animal rights marches listening for gossip about actions and names mentioned. This is the beginning of the end. Groups are kept small, if there are enough suitable people we would form two or three groups that would work autonomously.

Q. How do you go about carrying out actions?

A. There are a number of aspects that one has to take into consideration. "First and foremost it's important to have a look around the region at all the targets, laboratories(details enclosed), as many as the factory farms as one can find, hunt kennels, fur shops, abattoirs etc. If actions have taken place already in your home area then it may be a good idea to go for the most straight forward, squirting painstripper from a lemon juice squeezy, or a washing-up liquid squeezy bottle over the van(s) of an animal exploiter, gluing up fur shops locks to start with, then progress to factory farms which generally are not alarmed(there is the odd one that is, particularly the very large food chain store ones). If no actions, or only one or two small actions have taken place, it may be beneficial to go for a laboratory, the reason being that once things start happening in your area the labs., if any, will invest in more security measures. There are still labs with only minimal security. The animals are not necessarily in the labs at all times and there is usually an animal house in a separate building where animals are held until needed or in some cases are bred there. We can usually gain access to the grounds(we're not put off by the usual security fence with strands off barb wire at the top, these can be climbed with practice - we use the concrete posts as a support and wear 2-3 pairs of gloves when learning), we usually find the buildings with animals have fans operating, pumping out the stale air in the unit and fresh air in. We can smell which one has the animals within. With factory farm units we can tell what kind of animals, if any, are in the units by simply placing our ear against an air duct on the side of the unit or at the door, listening and smelling. Or we try shining a pencil torch, with colored plastic held over the end by an elastic band, through any openings. In fact we double or treble the layers of plastic so that only the minimum of light gets through, not only reducing the chance of anyone else seeing but shine a bright light onto battery hens and they may well make a lot of noise. We always try the door handle etc. and have been pleasantly surprised a couple of times to find it is not locked. With experience one can often tell what animals are held in a particular unit by its shape,size and building materials used.

When looking at potential targets we don't take balaclavas, etc. We also make a point of emptying our pockets of everything including door keys, discarding matching jewelry etc. before setting out, in case we drop anything. If we need to cover our faces a scarf is fine and we wear gloves of course. We also carry bird watching books and binoculars. Usually a lad and girl will go by public transport or be dropped off by car and picked up at a prearranged time. We avoid parking a car in an area where a future target is being looked over, unless it's hidden. We try to limit our visits to any target to one or two and do not leave any signs of our visit. We find we can make a totally silent look round by removing our shoes, though this is usually unnecessary. During the day we explore the approaches to the target with the help of an Ordnance Survey (O.S.) map, looking for a suitable dropping off point/place to stash the vehicle(s), emergency meeting point if necessary, noting any guard dogs at the target or in the gardens of houses along the route in. After dark we walk the route to ensure there are no guard dogs, go in and examine the units,check if there are any animals in them, can we climb in through an air duck, if not, what type of locks will we have to deal with.

If it's a lab. and not straightforward we need to know the times of security patrols, then we'll do a spot of camping nearby. In our group there are four people and over a period of time we have equipped ourselves with ordinary scarves for covering our heads and faces, gloves, two crowbars (one small, approx. 12"-14" and one large, approx. 30"-36"), a large screwdriver, a well oiled brace and 1" augur drill (it's a wood boring drill,the type used to drill the hole in your front door for the Yale lock), 2 mortar drills (one being extra long),2 sledgehammers (a 14lb one with full handle and a 10lb one with; the handle cut to 20" for working in a confined space) a pair of boltcutters, two 35mm SLR cameras and flashguns (with diffuser and tilt—occasionally we can bounce the light off the ceiling to get natural shadow). Duracel batteries are used in the flashgun(s) - recharge is then much quicker. We use 400 ASA black and white film in one and 100 ASA black color slides in the other, although at the beginning when we only had one camera we would use the black and white film first then reload with the color slides, reset and carried on taking photos. When we carried out our first raid there were three people with scarves, gloves and a large screwdriver. We rescued 36 hens. Four sacks each. one carried on each shoulder by their draw strings and one in each hend, 3 hens in each sack.

We have since found that cardboard boxes are fine for chicks etc.,if the "items" involved are rodents we sometimes find the cages in which they were housed are portable and we place the lot in our boxes or rucksacks. For hens and rabbits we use fairly large sacks(approx. 24" wide x 36" long) with nylon rope draw strings in the middle. The rope is threaded in and out of the sack at 6"-8" inch intervals and the length, when knotted together, is the same as the circumference of the sack. We then seal the double knot of the rope by using a match and literally lighting the two ends. As the nylon begins to melt we blow out the flames and the resulting black blobs keep all the separate strands in the rope together. Another useful item that we make from a sack is a guard sack. Two brush poles are sprayed a dark color, then placed inside the sack, on either side, and stitched securely in place. Approximately 6-8" of the handles protrude. One or two of these act as good barriers when you have to deal with a guard dog. The protruding holes are placed under the arm pits and the poles held as high up as possible. If anyone inquired what they were they would be told they are hides to sit behind and take photographs of wildlife. The actual day for the raid is carefully considered in advance. A full moon and no clouds mean a well lit night which is undesirable, as are hot and muggy nights when people find it hard to a enter a deep sleep. Overcast nights are good and any rain is very welcome. With a particularly difficult target everyone is made aware that we are awaiting "bad" weather and to expect very short notice. It is also very important not to work to a pattern(eg. actions every friday/saturday night).

Weekend evenings are good because of the amounts of people traveling to and from pubs/clubs, but for late night raids(4 or 5 am etc.), weekdays are more appropriate because of the amount of early morning traffic. Saturdays late at night are the worst possible as the roads early Sunday are dead. On the day of the raid a planning meeting takes place. Details dealt with include the transport of equipment and activists, time of raid and departure, while studying a plan of the target - who will be responsible for being a look out, breaking in, taking the animals, holding the sacks/boxes etc., where to meet up if things go wrong, who will be acting as back up by sitting at a phone, ensuring everyone has a few 10 pences and some emergency money - while the raid may go OK a car could break down. Everyone empties their pockets. We do take a container of water if the raid is likely to take a long time - wearing a mask for lengthy periods results in dry throats and coughing.Before the tools are transported everything is wiped first with a rag soaked in warm soapy water and then again with a dry rag. This also goes for cameras (and battery), flashlight (and battery), everything, even glasses worn. a further refinement is to cover our clothes with something like a boiler suit or old baggy clothes over our normal clothes and have a spare set of footwear. These items virtually eliminate the risk of us carrying traces home. These items can be disgarded when we return to the vehicle(s), placed in a black bin bag it all looks like jumble. Someone has the responsibility of thoroughly washing the scarves(used to cover our heads and faces), gloves, boiler suits/old clothes and shoes immediately upon returning after a raid. This person is not directly involved in the action and stores the clothes and equipment. In other words we use a "safe house". Generally speaking the arrangements for events after the action are just as important as the precautions before hand. Before setting off we make sure everyone has a plausible reason for traveling in that direction or homewards. We consult the music press to see if there are any concerts applicable. If a male activist is driving, a female member will sit behind him. The police have a habit of glancing into vehicles and mixed company is far less likely to be stopped. Choosing the time for the raid can be crucial. If possible we carry out the raid mid-evening so that we are back home before 10.30-11.30 pm. Once the pubs close and particularly after midnight there is always the odd chance of a spot check by the police looking for burglars. If traveling by car(we avoid hired vans, hired cars are OK, the police take less notice of new cars)we try to arrange for the tools, and hoods if used, to be well hidden in the target area mid-evening by just two people, a girl and a lad using public transport if possible. We only take the minimum amount of equipment. The raid may need to be at night. Battery hens often make quite a din though we are not put off by this. Unless we can carry out the action while the house is unoccupied or is some distance away, we raid the unit a 3-4am while everyone is fast asleep. We never travel between 12 midnight and 6-7am there or back. We arrive in the evening and hide out in a wood(we avoid the locals pubs for obvious reasons) and time the raid so that we arrive back at transport after the raid shortly before dawn. Generally speaking by planning well ahead we tend to concentrate on late evening raids during the summer and night time raids during the long nights of autumn and winter. The transport will often be a minimum of one mile from the target and probably two or three miles away hidden in a field or wood(we carry a good quality compass in case we have to leave in a hurry, though it's generally not required). Vehicles are never parked in country lanes as the police will treat them as stolen vehicles that have been dumped, or certainly suspicious. Anyone sitting in such a vehicle will certainly be questioned. We push the car down a track into a wood or similar. Pushing does away with driving with lights on and resulting noise and thus alerting any locals out walking the dog. We have parked in a near by housing estate, leaving the vehicle(s) locked and empty, the drivers returning in couples to pick up the vehicles and later the raiders. If the target is in an eskward area the raiders can be picked up by vehicles returning at a prea ranged time or called in by portable C.B.s(again Duracel batteries are used). If there are a number of cars hidden in a field/wood for an evening raid,depending on circumstances, it may be prudent for drivers to remain hidden nearby and watch that no dog walkers/courting couples stumble across them. If this was were to happen and the dog walker/couple were to take alot of notice the vehicle(s) are moved to the emergency meeting place. When the raid is over one person travels ahead of the others and checks that the transport is O.K. The first thing we do during an actual raid is for the look-out(s) to get into position. Binoculars are a very useful addition that can be used at night. They may take a little getting used to, focusing and time for ones eyes to adjust but it's well worth persevering. We find the usual long thin straps on binoculars are unsuitable. They not only leave them dangling, and thus banging on fences being climbed etc., but are also uncomfortable to wear after a time. We substitute wide camera straps suitably shortened. If portable C.B.s are being used they will have been tested before hand to make sure they are in working order and tuned in. Because of the noisy static when both units are switched on, the raiders will have their C.B.s switched on at all times, while the look-out(s) will have theirs switched off. This gives total silence; if the look-out(s) need to reach the raiders, a flick of the switch and it's on and ready to use. However, we do not rely on the C.B.s alone as sometimes we may be working in an spot with poor reception. The

lookouts should also be positioned so that they can also warn the raiders directly and quickly. Usually bleeps are used rather than voices on the C.B.s, two bleeps to keep still and quiet, four for "all clear" and continuous bleeping if it's time to run for it, though we've not had to use this last sequence so far. We have, once or twice, locked a gate using a plastic covered bike lock. This method is both quick and silent and ensures security vehicles cannot pursue us. Usually we do not cut the telephone wires but occasionally this is necessary. Either they are cut near the house or office, if this is not possible a piece of brick is tied to a nylon rope and thrown over the wire between two poles and two people will pull the wire down. It's usually a struggle and requires two people to use all their weight to yank it down.

Wires are not cut at the big commercial labs as they are likely to have alarms connected via the phone lines to the nearest police station. When entering the target area we usually have to deal with a fence of some sort. Two people go forward and deal with it. The ordinary three strand barb wire fences have the bottom two cut only. The top one prevents cows or horses following us in our straying onto a road. On the other hand, anyone pursuing us will be in for a shock. If it's a chain link fence we cut a strand at the very top, follow the strand down through the others down to about thigh height from the ground and cut it again. Then, holding the strand where it is cut at the bottom, we force it to twist and "corkscrew" it out. We can then part the fence and climb through the gap. We leave the bottom part uncut if there are guard dogs, if disturbed it would be harder for them to get out after us, particularly if the top half is blocked with one of our guard sacks with the poles jammed in the netting. The same two people then check out the unit and immediate area. When actually breaking in to say, a factory farm unit, usually all that's required is a large screwdriver and a couple of crowbars to deal with a Yale lock on the front door (straightforward) or to deal with the inside bolt(s) on the back door. In the case of the back door, if it's a tight fitting one we first pull it from the bottom, we can then judge where the inside bolt or first bolt is. We force the large screwdriver into the opening approximately 12" from the bolt and force the opening until the small crowbar can be inserted alongside the screwdriver which is then removed. Further force is exerted until the large crowbar is in. While one person maintains pressure with the small crowbar a second person puts their weight behind the large crowbar and rocks it to and fro, forcefully yet gently. The idea is to make the screws which hold the lock/bolt eventually pop out, not to take the door off its hinges. For padlocks we may need to use bolt cutters. We ignore the lock and go for the hasp which is often mild steel. With the cutters in place a wet towel is wrapped around the cutter(s) and hasp before the cut(s). The wet towel helps deaden the sharp crack noise. If we are unsure of a door being alarmed, the two people who dealt with the fence will also break in and then rejoin the rest of the group for 30-40 minutes to watch for any reaction, from a couple of fields away. If the animals being liberated are battery hens all the group enters very quietly, then closes the door. A torch covered with colored plastic is switched on, after the door is closed, the type of a headlamp available from car spare shops is useful. The cages are a opened. A variety of different types of cages are used, common since tells us if they unclip, slide up or across. A last resort is simply to tear them out with our hands. We are not put off by the noise the hens will now be making. Due to their barbaric conditions it is not unusual for fighting to break out so factory farmers are familiar with outbreaks of noise. Having closed the door most of the noise is absorbed by the usual wooden building. Working in twos, one person clasps a hen(remembering the wings are quite strong)so that the head is facing away from us, while the other holds the sack which is rolled down to the draw strings beforehand which helps to keep the neck open. The hen goes in head first, we don't let go until the hen is sitting comfortably at the bottom of the sack - two more follow. To try and simply drop them in the sack will not work, they will get their feet caught up in the sacking and flap their wings about. If this happens it's taken out and the proper procedure followed. We are very careful so as not to injure the hen. The three hens safely in, the draw string around the middle of the sack is drawn closed and the resulting loop goes over the shoulder. We take as many hens as we have good homes for. With experience it's possible to work in total darkness which usually considerably reduces the amount of noise the hens make.

When working in a broiler unit with full grown birds we move more slowly otherwise 10-15,000 hens may start off. We don't panic if they do though, it may sound loud in the unit but outside it's surprising how much the wooden units deaden the noise. With rabbits we select mothers with well developed young. Large rabbits on their own often indicates a pregnant female and for obvious reasons rabbits with small young are not disturbed. Rabbits go into the sack back end first, because of their large rear feet. Sacks are ideal carriers because the material is comfortable and keeps the animal warm with plenty of fresh air. Following the raid we ensure the door is closed so that the cold night air doesn't result in a sharp drop in the temperature and discomfort for the animals left behind. For buildings that are alarmed we try to gain access into the rooms holding the animals by going through a wall. Using a well oiled brace and mortar drill long enough to drill out the mortar from around one or two bricks we then lever them out with a large screwdriver or small crowbar. We then simply cut along the mortar with a pad saw and literally cut the bricks out. Squirting water from a squeeze bottle directly onto the pad saw and the immediate area being cut reduces the noise of cutting the mortar(3-4 squeeze bottles full of water are usually required). To go through a door that may be alarmed we use our brace to drill a series of overlapping holes using a ⅜" augur drill until a square can be removed big enough for us to get in and out with our boxes etc. We have also been able to remove a window from an animal house by taking out the putty using one of those screwdriver sets hat has a pointed implement. On the other occasion we gained access to an animal house during the day when the alarms were switched off. During their lunch break we gained access using a skeleton key. We had already established on a previous visit at night that it worked, by unlocking the door but not a opening it, then relocking it. A skeleton key is made from an ordinary mortice key and is quite easy to make. old type alarms can be dealt with by removing the bell with a screwdriver or forcing it to one side with a crowbar so the hammer can be cut off or bent so that it cannot hit the bell. Another method with the klaxonhorn type is to spray cavity wall insulation fluid(the type that sets in 15 min.) into the klaxonhorn and through the vents into the alarm box. Once enough time has elapsed for the animals to be got away it's time to deal with the labs and offices. As these premises may also have beam alarms we crawl along the floor. The aim is to smash enough equipment to put it out of action or plant incendiary materials to burn it down, once satisfied there are no people or animals there. and, if possible to obtain any documents relating to the experiments, who supplied the anima , names and home addresses of the vivisectors/animal technicians etc.

With the big commercial labs., there is always the chance of a silent alarm connected to the local police station. By going through a wall into a room with animals we usually find this is not problem, but later when entering the actual labs. to destroy it or rescue animals undergoing experiments we prefer to go for a smash and grab effort. Sledgehammers then come into their own. A 14 lb. hammer is aimed at the mortice lock repeatedly. We save vital time by going through the outside wall first or smashing in through a window and then dealing with internal doors with the sledgehammer. In a confined space a 10 lb. hammer with handle cut to about 20" is the answer. Crowbars are also of use. In planning this type of action we have to be totally practical. Those fit enough to run some distance after the raid carrying dogs etc. and rucksacks full of documents will be responsible for taking animals, documents, for destroying equipment and, if possible, the lab. itself. For the most part raiding labs. is straightforward, only a handful of the very big labs have elaborate security equipment.

We never paint the letters ALF on a unit or lab., at most we will spray "Animal Liberation" or "Animal Belsen". We paint slogans in dark colors and where they are visible to any reporters following up the story - this helps confirm the action has taken place when the owner or manager denies it. Where the noise of a spray can may alert a guard dog, a large felt tip pen is sufficient. If everything goes well we do of course mention it was an ALF group to the media so that everyone concerned is aware who was responsible.
If we have to carry potentially noisy animals, eg. dogs a long distance over fields, etc., particularly after a smash and grab, we carry some anti-mats (as used by hunt saboteurs to put hounds off the scent of foxes). We give a good squirt after crossing a stream, road etc. for obvious reasons. When returning to the vehicles on no account do we walk along roads at night. If something went wrong we would at most walk in the fields parallel with roads to help direct us to the meeting up place.

Much of what I've said may appear to be processes that would take some getting used to but we found after a while they became second nature. We've never been discovered carrying out a raid and the four of us had no previous experience. It is simply down to common sense.

Q. How do you deal with fur farms?

A. In the case of foxes there is always the chance of finding good homes for silver/blue foxes as is the case with rabbits. We have allowed dark colored rabbits from a rabbit farm to live in two walled gardens. In each case they soon dug burrows and, in a one off exercise a male and a female were placed together and had a liter of young. We would be quite prepared to release dark colored rabbits into suitable locations in the wild. With mink we find that a number of them are 3-4 years old and used as breeding stock. The rest, the majority, are less than 12 months old. By law a mink farm has to have an escape proof fence around the perimeter. To release the 3-4 year olds and the rest when adult size a from the cages into the compound together not only totally disrupts the whole process but results in the farmer finding it difficult to tell which is which, the breeding stock or the adult size ones. This type of action ruins next years breeding plans. When this happened to one mink farm two years on the run it closed down. When a mink farm looks "empty", that's when we explore, that years "crop" having been slaughtered leaving only the breeding stock. A certain number could be released outside of farm, let to disperse etc. and the rest taken away, one to a sack(with draw strings that can be knotted). Some mink do bite so wear protective clothing. They can be released in a variety of locations but not in spring when wildlife is breeding and not in winter when there is a shortage of food. Late summer to autumn is ideal. But the priority is to close the place. A whole new area has opened up with the coup d'etat being administered to two fur farms, rabbit and mink, by spraying the animals with non-toxic dye in the same way Greenpeace and Sea Shepherd spray the seal pups. There are various colors of sheep dye that are non-toxic. We are very careful not to spray in their eyes and ears.

Q. What about the end product, a fur coat?

A. A careful squirt of battery acid(the type in a car battery)from a syringe on the back of the coat as the owner walks past or in the shop will have the desired effect. It is not immediately noticeable but will shortly cause a large bald patch.

Q. How do you carry out actions against shops involved in animal exploitation?

A. There are a number of ways in which we cause them financial loss. First is the length of time they are open, remembering the slogan "time is money" we place small pieces of wire, 1/2" long, or match sticks in Yale locks, screws/washers into mortice locks and then squirt in superglue, both to the locks in the front door and any side or back door. When completed any shutters on the windows have the locks similarly treated. A few days before the action we walk around the shops in the early evening to check what types of locks are installed so that we have an idea of how many pieces of wire/match, tubes of glue etc. we require. Returning on the night between 7-8pm(we don't wander round the shops after the pubs have closed when the police are expecting trouble, and a shirt and a tie doesn't go amiss), we walk up and down to check no police are standing in the doorway as they sometimes do in shopping centers. All clear and a bunch of us stand up close to the door eating a bag of chips and talking, shielding the person gluing the lock, it only takes a few seconds. This is usually done by a female activist who has the materials in a small plastic bag under her clothing. If we were to be spotted acting suspiciously there is far less chance of a female being searched. We would of course be able to say which pub we had all just been to. Some stores have the kind of door handles that can be locked together with a bicycle lock. Messages are written with paint or felt tip pen on the brick or woodwork. Where circus posters on walls are concerned we write the word "CANCELED" twice across a sheet of paper, using felt tip pen, then photo copy it, cut the copies in half, so we have two "CANCELED" strips and paste them over Circus posters. We also type up a "canceled" note to inform the shops that display posters in their windows of a mix up of dates, and asking them to take down the poster in their shop, also informing them that the complementary tickets they received for putting the posters up will be honored when the event takes place.

To raise their insurance premiums we break their windows. A slingshot and steel marbles work good for this. A firm tap with a ball point hammer in the corner of a window cracks it but doesn't make alot of noise. Etching fluid is however much easier and quieter. A piece of sponge jammed in the neck of the container enables us to write appropriate messages, or it can simply be flung on the window. We buy ours from another area and give a false name and address. A little hassle but well worth the trouble because the stuff works so good.

Q. What can you tell us about the hoax actions?

A. A number of devastating hoaxes have been carried out over the last two years. The carefully planned Mars Bar action resulted not only in Mars making a commitment to end all association with animal experimentation but all sweet manufacturers have made a similar commitment after it was disclosed Mars lost 3 million as a result of the hoax. Only the Mars Bars handed into the media had been contaminated, we would not a put the public at risk. We were aware the initial reaction would be negative, the action was planned with long term goals in mind, in which we succeeded. Many animals will now not be subjected to cruel experiments so that large advertising companies making large profits can justify their advertising. "A Mars a day helps you work rest and play" was a load of nonsense. It's a sugar bar and that's the end of it.

Q. There have been many publicised actions against the homes and vehicles of vivisectors, factory farmers, hunters etc. How is this type of action carried out?

A. Usually this type of action takes the form of decorating the animal exploiters home(and offices if any)free of charge, with the appropriate messages to notify the local community of the type of abuse they are involved in, also their cars are damaged to hinder their animal abuse. Our first step is to confirm that our information about the target address is correct and up to date. On one occasion a vivisector had moved shortly before the house had received a "visit", fortunately the person who bought it was rather a mystified butcher.

Usually just two people carry out this type of action. The decorating involves painting messages on the walls, front door, windows, garage door and driveway in red paint. Paintstripper will be poured over the cars each tire pun tured several times, window wipers broken, windshield and other car windows treated with etching fluid or broken with a spring loaded center punch, 2-3 pieces of wire 1/2" long or matches placed in each lock and superglue squirted in, including boot lock and petrol cap. If the petrol cap has an outer cover we replace it - a couple of times the locks on doors have been repaired, only for vivisector/hunter to drive off and when in need of petrol, to find the petrol cap had been done as well. Although it's usually discovered it's worth a try. Two tubes of superglue per car is used, or more if we're feeling generous. All the items are carried in a plastic bag that has been carefully wiped inside and out for fingerprints, so that we can discard the lot on our way there if necessary. Of course all the items inside have been carefully wiped before leaving home, and our pockets are emptied except for phone change, bus/train fair or gas money. We have a cover story about where we're going to and from. Receipts for the glue etc. are burnt before leaving home. Using the plastic bag is also a more efficient way than fumbling round in our pockets trying to grip small items with gloves on(cotton gloves are best for this type of work). We use plastic containers with screw tops, similar in size to a coffee jar, for the paint(spray cans are noisy)which are narrow enough to allow the bag full of materials to be carried under the coat of the person who will be doing the painting etc. Paint spray cans are used where the noise they make is not important. When we have finished, depending on circumstances, we either walk away disposing of the left over items one by one discreetly and out of sight, or the whole bag will be disposed of, again a placed out of sight. Finally, the gloves are dumped in the same way. Between the time the pubs close and midnight is ideal. Wandering around housing estates in early morning invites inquiry. If the job has to be done after midnight we stash the materials in the area mid-evening and dump the remains there afterwards followed by the gloves.

Q. Why and how do activists destroy vehicles and buildings?

A. We would first like to point out that damage to property does save animals. All the units in a factory farm can be destroyed in one night, a number of factory farmers have gone over to free-range egg production after a devastating action, some have been closed down. Laboratories have to spend more on their security in order to retain their insurance - this money often coming out of their research budget, money that would have been spent on experimentation. Broiler sheds are a favorite target for destruction. Through

modern growth promoting anti biotics and various drugs the broiler hen reaches its maximum weight in an incredible seven weeks. The units are then cleared of the hens(which go off - slaughter), disenfected and made ready for the new chicks. Shortly after the disenfecting is the time to burn them down as the disenfecting process scares away rodents.

Some of the biggest destruction jobs have been successfully carried out by two people, a number of the buildings being worth 1/4 million pounds plus. The method used for factory farm units/laboratories etc. is for one person to carry two carrier bags full of old torn up clothes, the other person carrying a gallon container full of petrol or paraffin in one carrier bag, and boxes of firelighters in the other. A newspaper and a box of matches are the only additions required. The container of petrol/paraffin and the boxes of firelighters are wrapped in cling film to eliminate any smell from them if we are using public transport, in which case newspapers cover everything in the bags. Everything has been carefully wiped, including crowbars to gain access. At the target area one acts as a lookout while the other gets into the building. If it's a wooden broiler unit(the doors are often left open when being cleaned)both carrier bags containing the old clothes are placed in a corner, the inflammable liquid is poured onto the clothes, drenching them, some can be poured on the walls for good measure. The boxes of firelighters are placed on top against the wooden walls. Using a piece of rolled up newspaper that is lit with a match, the firelighters are then lit while standing a few feet away. This is in case we have any inflammable material on our gloves. The box of matches is tossed on top. If it's a lab.,abattoir etc. furniture is placed around one bag, the second one being placed in another room, again surrounded by furniture, and lit the same way as above.

Where there are a number of units/buildings either the largest one is destroyed or we go for the lot, transporting the materials by car. We will have already confirmed that there are no people or animals in a a target building, our first job on the raid is to check the building(s) thoroughly. Black plastic bin bags full of old clothes (one for each unit/building,more depending on the circumstances), half to one gallon of inflammable liquid to each bag/sack is required(the liquid being bought one gallon at a time from different sources). On top of each is placed a box of firelighters half opened(two or three packets even better though not necessary). The sack is tilted so that it leans against the corner of a wooden unit so that it cant fall away from the side panels when burning. The materials are driven to the unit separately. If only one car is being used the sacks of full of jumble can be stashed with a person left to keep an eye on them, then the petrol/paraffin and finally the boxes of firelighters, newspaper and box of matches.

Trashing vehicles, all that is required is petrol or paraffin. If the doors will open the petrol is poured over the dashboard and seats, if need be a window is forced. If it's a car that is alarmed an old sheet is laid on top, inflammable liquid poured over and firelighters placed under each tire. The firelighters are lit and the lighted paper tossed on top of the petrol/paraffin drenched sheet. If the fuel tank eventually goes up on a lorry(truck)it may travel 20-30 yards. If the lorry is not this distance away from a house or unit with animals in it we release the hand brake and push it beyond this distance.

If for some reason the lorry cannot be destroyed out right an excellent tactic is to buy a tin of grinding paste, per lorry, and mix the contents with oil. The resulting paste is poured down the oil pipe into the engine. This process ruins the engine. once, sometimes after one of these actions had been successfully carried out, a particularly well made enclosure was built by the firm around the lorries with several dogs on the loose. Consequently a further raid would have proved difficult so a successful hoax was carried out. Empty grinding paste tins were thrown over the fences, the firm informed of another raid. Finding the empty tins they had their engines stripped before finding it was a hoax. also, sugar, sand or water is added to the fuel tanks.

Q. How do you deal with problems arising on a raid?

A. Generally our raids are free from incident. there are three items given careful consideration:- accidental/unavoidable confrontation, transport and carrying tools. As the saying goes "forewarned is forearmed". We also carry a powerful torch. If a number of us were confronted by a security guard/factory farmer at night we would all stand together and shine the torch beam in their face and tell them not to interfere(though this has never happened to us). As ALF activists we do not carry out acts of violence against animals or people but we certainly reserve the right to defend ourselves if physically attacked.

With vehicles we avoid using publicly hired transit vans, but where this is unavoidable eg. if we intend to rescue over 10 dogs etc. we hire the ones without the name of the firm emblazoned on the side. Better still is a caravan or horse box. We have actually stormed a couple of places using a van. We change the whole registration number by using black insulation tape and adding two pieces say to an L to make it an E, change a 5 to a 6 and so on. The van will have been hired from outside the area and be thoroughly cleaned before being returned, including wiping fingerprints of doors etc.

There are over 500 labs in Britain, the majority have basic security. Some have outside video cameras and a very few big commercial labs have pressure pads under the lawn near to the rear exit gates etc. Pressure pads are inserted under the ground with wires attached to the security lodge. If anyone were to step on one a bell rings in the security lodge. By storming this type of place in a van, using a sledge hammer, crowbar etc. all security devices are useless. Even with the type of lab that uses the security I've mentioned, we can still get in and out using the usual clandestine methods though if a large number of animals are to be rescued, particularly dogs, a larger than normal amount of people may be required. The main office in such a place would probably have been alarms. where we suspect such, in a clandestine operation, we crawl along the floor.

If a car/van registration were spotted for any reason we would drop off all but the driver at the house of the first activist reached, plus any animals etc. The driver would then dump the car, at an angle with doors closed, but unlocked, a mile or two from home, or further if possible.(Our driver is equipped with the name, address and date of birth of someone who actually exists, someone who looks nothing like the driver and agreed to help by putting up with a visit from the police in an emergency. They would of course be completely eyestified by the police visit.) If it's evening an immediate call would be made to the police reporting the car "stolen." If an incident were to arise during a night raid we would wait until after 7am if possible, to report the car stolen. Any footwear and clothes for the action will have long since been disposed of. shoes etc. may well be taken away for forensic. An alibi must be quickly established eg. the drivers family back him/her up that they've been in the house all night and making sure the driver watched the same TV programs. While the police may be suspicious, even nasty, they can't prove anything. The driver has no idea how they stole the car/van - the same way they take all the others one reads about. If arrested a solicitor/attorney would be summoned. Absolutely nothing would be said to the police once arrested other than asking for a solicitor. Whatever happens, the driver would not return to the car, simply waiting until the car is returned by the police. The police might watch the "dumped" car for a few days. Finally, as we always keep the tools separate from the other equipment, if a car was stopped with crowbars we would explain about a the work we intend to do on our house. Crowbars are used for levering base boards away from the wall to check for dampness. Also, old hinges on doors are levered off when the screw heads have rusted. While we have not had any trouble from the police, the precautions we've mentioned are taken into consideration, especially on a smash and grab raid.

Q. What procedure do you follow if questioned by the police?

A. There is no such thing as a fool-proof plan, but there are good ones, and it is only with good planning that we can carry out actions on a regular basis. However, if we were to make a mistake that leads us to being questioned, our first priority is to say ABSOLUTELY NOTHING to the police other than our name, address and date of birth. We would be polite and answer "I have nothing to say, I wish to see a solicitor" or simply "no comment"...To deviate gives them the opportunity to misrepresent us. By law we DO NOT HAVE TO GIVE A STATEMENT. When confronted by a nasty officer on our own in a cell, one may quickly feel isolated and, surprising as it may seem, most people who are charged with an offense are because they broke down and admitted the alleged offense. Some people have even admitted offenses they did not commit. It's a shock to find that the police lie and bully, it's designed to disorientate and frighten you into giving confessions and information. There are various tricks the police use, first and foremost they take the attitude we are guilty and, in a friendly manner, suggest "why not tell us why you did it and everyone can go a home and forget it"- they "forget" to mention the summons that will be served on us to go to court if we do tell them.

They will ask questions and, although they receive no reply, write in one themselves, eg. "How long have you been an ALF activist?", answer "I have nothing to say, I wish to speak to a solicitor", the officer writes down "three years". This trick is designed to get us annoyed and start denying a their exaggerated answers and therefore talking and making mistakes. We wouldn't worry too much about the made-up statements as they are usually thrown away as soon as the police leave the cell or interrogation room. Although occasionally they hang on to them for another five minutes while they go to see our friends in another cell and tell them you have made a full confession, naming them. Again another trick. Even if someone did give a statement naming one of us, by them pleading guilty their evidence usually cannot then be used. Another common one is to threaten to keep someone in for days unless they make a statement. Even if we were ever to be caught red-handed we would not make a statement. The police are also notorious for changing things slightly to make them seem worse or even resorting to downright lies is common, where people have said something to them while being taken to the station. Anything said to them at any stage may be written down and used as evidence in court even though we had not signed it. Here is another important point, if they have any of our belongings we would have to sign for them on the way out - far better to simply walk out without them than give them a copy of our signature which could be added to a made up statement. Another reason to not sign for property is that we may not want to admit that some of the items are ours - they could turn out to be incriminating evidence. On no account do we sign anything, no matter how important the form may look. We could be placed on police bail pending further inquiries, this usually fizzles out with us only having to return to the station at some future date, we would make sure we had a solicitor with us in case of any statement, the nastier they are, gives us comfort knowing no matter how bad it looks they don't have sufficient evidence. When a solicitor finally arrives we do not have to say anything to them, and do not, other than that we are not guilty. We're very wary of duty solicitors, there are odd ones who are very friendly with the police. We will sort out the details of what happened in the quiet of our own home where we can collect our own thoughts without any pressure from shouting police.

Anyone who takes direct actions against animal abuse deserves to be supported by those who believe in direct actio However, should someone, while being questioned, give information to the police that incriminates others, then they have excluded themselves from the right to that support. If someone makes a statement to the police they are betraying themself, the animals they claim to be fighting for and those activists who will not sell their ideals at the threat from a nasty sergeant. In helping the police this way they would be helping the other side. By committing such an act of betrayal they can expect no support, financial or otherwise, from the direct action movement - we cannot waste resources on people who can only harm the movement. They could well be responsible for preventing many animals being liberated in the future.

It's down to us. It's important to pre-plan actions well, nothing fancy- over planning ends with a mass and actions not happening. We keep it basic - practical. With experience one gains an awareness of how to progress independently of outside influences and distractions.If questioned - name, address, date of birth and "I HAVE NOTHING TO SAY, I WISH TO SPEAK TO A SOLICITOR" or "NO COMMENT", "NO COMMENT", "NO COMMENT".....

Q. What security precautions do you take? What influences your decisions?

A. I find it quite disturbing to listen to people on animal rights marches speculating as to who may have been responsible for a raid they read of. Plain clothes officers mingle with campaigners on marches hoping to overhear any such conversations, picking up names and details. If only for that reason, animals have to adopt anti-surveillance procedures. Liberating 20 hens here, 15 rabbits there, will hardly warrant any major police investigation, but if activist progress to destroying animal-abuse buildings then the authorities will take more notice. Being careful when in the process of planning actions doesn't mean anything so crude as looking over your shoulder every 20-30 yards. Observations are subtle, made when crossing a road, turning a corner we cross the road further along, again looking both ways before crossing, casually so that it becomes second nature, If we were to make it obvious we were looking to see if we were being followed during the preparations for the raid, the authorities would obviously think we were up to something. We are particularly careful when we are carrying out surveillance on a target that we are not followed there and obviously equally careful when setting off for an action.

If we were known activists with a police record and places were being destroyed in the area they would follow us about by using a number of cars in radio contact with each other. As a precaution, when leaving to look at a target or carry out an action, we get ourselves "lost", down side roads until certain we're not being followed, and then proceed. The same goes for using public transport, we don't go from A to B, rather we adopt a similar course as if travelling by car. Known activists with a record carry out destruction jobs in other areas. It's simply common sense, maybe a hassle at first but we all get used to it. Items such as crowbars etc. are stored in the house of someone who is not involved directly in the actions and who is not known to the police (on the other hand the tools are sometimes placed in plastic bags and buried somewhere suitable). If actions are taking place in an area everyone at any demo etc. is likely to be photographed. For this reason we avoid fur shop sit-ins and so on, remaining in the backround even avoiding local animal rights meetings and leafletting.

We also spend an evening now and again simulating a police interrogation to prepare ourselves for any eventuality. Careful consideration is given to security by anyone with responsibility for operating a holding unit for rescued animals, which can be anything from a garage to a spare room etc. For obvious reasons there is no safe contact between activists and those who live at the safe house for crowbars etc. and the holding unit(s) by telephone or letter. When we approach such houses we always enter the next road along or two along first, half way down we look each way as we cross the road and see if anyone else has also entered the road - if so we wander round until we can avoid them and then go to the house. We avoid absolutely anyone of 20 years of age upwards completely regardless of what they look like. We park our car well away from the road where the house is situated.

Also, we don't think we're being clever by indulging in coded messages on our home telephones as any clandestine call, while not understood, will confirm suspicions that we are involved in clandestine operations. If we do need to make secure calls we do so on a phone box to phone box basis and at least 1//4 mile from our homes, again making sure we're not followed. Arrangement for action are made face to face, only with a piece of paper passed around with the date, time and place of pick up(walls have ears, as they say), the paper being burnt immediately afterwards.On no account are arrangements made in a pub. Occasionally it's necessary to hand out a party invitation if anyone has suspicious parents/family etc. - also, if more than group is involved in a co-ordinated raid, only one person from each group will know the details. As I've already mentioned, while all of these precautions may not be necessary when carrying out our first raids, it's a good idea to acquire good habits for when we have progressed, they are a matter of common sense. We know of activists who've been operating since the beginning of the ALF over 10 years ago and they have not been caught through taking simple precautions. There are many groups who have been going 2-4 years with few problems. There are two golden rules - only those involved with a particular action need to know any of the details before and after. Secondly, we do not keep anything to do with direct action, including newsletters in our homes. Complacency results in a sloppy operation, a professional approach results in a confident group. A confident group is a successful one.

Q. How do you organize your publicity?

A. While the priority is to rescue animals and cause ecoonomic sabotage a secondary consideration of any action is publicity - supplying documented and photographic evidence of the atrocities being carried out in labs., the animal concentration camps of modern factory farming etc., so that the public at large may ultimately shape their views and

great sentient creatures with respect. First and foremost we have to take into account the growing trend amongst factory farmers, vivisectors etc. to deny a raid has taken place and thus avoid damaging publicity or adopt the advice of the British Fur Traders Association and attempt to discredit the raiders. For example, in a battery or broiler unit we can find a number of dead hens on any given day. The owner may claim the raiders killed them during the course of the raid and that will be headlines. There will be no coverage of the conditions, why the hens really died etc. These days we always try to anticipate what the opposition may claim in trying to deny/discredit an action.

When preparing a statement after a successful action everything that was observed should be included ie. "a number of hens were dead and looked as though they had been for some days." If we have rescued 10 or 15 hens it would ring the local press, radio stations and regional TV stations. We've obtained the special numbers radio stations use at night - by informing them shortly after 6pm on a weekday they will usually have enough time to chase up the story and use it on the 7,8 and 9 o'clock news, when most people will hear it. If it's the weekend we ring between 7 and 8am. Usually it's on 2 or 3 news bulletins, then replaced by fresh news. If it's something special, over 50 hens rescued, spraying mink, foxes etc. at a fur farm, a damage job, we also ring the Press Association in London, News at 1am, BBC TV AND all the national newspapers, except the Express and Star. They will receive the news from the Press Association, our contacts in the media have given us the names of a number of journalists on these two papers who are anti animal rights. It is worth bearing in mind that the earlier in the week it is the more likely it is of an action receiving publicity. After the weekend things are often a little slack. Bank Holidays are also slow times for news, therefore a good time for an

action, particularly the last day/night. When ringing we give the following details:-

1) We inform them it's a call from the Animal Liberation Front.
2) We say if it's the groups first action.
3) We tell them what animals have been rescued(and stress that they are going to good homes) and what premises/vehicles have been damaged or destroyed, stressing that there was at no stage any danger to human or animal life.
4) We inform them if there are any photos or a video.
5) We give them the name and the exact address/location of the factory farm, hunt van etc.
6) We inform them from what position they may view any slogans/messages left.
7) We give them details of why the raid was carried out. Our actions are not carried out "as a protest", we explain that they're carried out to save animals lives and to cause financial loss to animal abusers. We also give the background information on the way the animals are exploited.
8) We will give the the telephone number of the ALF Press Office in London who are always available to give information on ALF policy , do interviews etc.
9) Finally, if we have any black and white photos for the press, color slides for TV or Sunday papers color suppo. or a video we inform them from which telephone box they can obtain the film, sellotaped under the shelf.

For security reasons our report is as brief as possible yet concise. A video will have already been copied, which is quite straightforward with two ordinary video recorders and special patch cords available from video shops. We insure there are no fingerprints on anything passed to the media. Also, photocopies of any relevant documents are left with the film - we give them the address of the London ALF Press Office and we ask them to post the negatives/video there when they have finished with them. Usually we take two rolls of black and white film, snap off a few for the media, reload with another film and take a few for our own use. Copies of photos and documents are sent to the London ALF Press Office ensuring there are no fingerprints on contents, envelope and stamp, which is made tacky with water, as is the envelope glue, not licked. We post them from another area along with copies of videos of local TV news coverage of the raid. We make a point of monitoring all media reports of an action and respond to any attempts to discredit the activists where animals are concerned, If it's a big damage/arson job it's inadvisable to contact the media again. It's so very important to give a comprehensive statement the first time.

As a new group we arranged for two activists to attend courses on photography and video use. There are many community centers and independent video workshops that run short courses and hire out equipment at low rates. If there were any commercial video centers in our area then we would hire one through a friend from another county as the police may ring round the local commercial firms. We have also been able to hire a portable light that runs off of a shoulder held battery, this equipment allows us to film at night. Sometimes we have even been able to switch on a labs lights to film and battery units have lights on at various times, even at night - switching on the lights gives another "dawn" therefore more eggs laid. Under these conditions we can use black and white film of 1,000 ASA without using a flash gun. there are times when circumstances dictate that a flash cannot be used during the raid. Once we have arrived back at a house, garage etc. with the animals, we take a few photos of one or two activists holding them. Several times the media have used the photos. We are careful not to exaggerate our claims, unless for tactical considerations, ever mindful that as activists we are responsible for the ALF credibility. finally there are three very important matters we take note of:-

During a recent exercise we confirmed our suspicions that the ALF Press Office telephone in London is tapped. A number of political activists were asked to do us a favor and pass on reports etc. to the London office. Each one has subsequently been questioned by the police. It follows that the mail will be monitored. We only ring the London Office from outside our home area and that also goes for posting anything to the office. Secondly/ we never, on any account, trust the media. The vast majority are OK, but there are enough dodgy ones who work on a "favor for a favor" basis with the police to rule out direct contact.

They are very keen to interview new groups but we prefer to refer them to the nearest ALF Press Office after briefly answering a few questions, without giving anything away. Finally, but not least, is the growing tendency amongst factory farmers and vivisectors not only to deny an action has taken place but more and more are setting out to try and discredit the activists following an action. There have also been a few cases of senior police officers adding their "four pennies worth". We now intend to make an example of those who try to discredit activists by not only trashing their vehicles but also by carrying out acts of retribution by destroying their homes. The houses involved will of course have to be entered first to ensure there is no one there and no animals. We have to deter them from their tactics.

Q. Once you've taken the animals from a laboratory, factory farm or whatever, presumably that's not the end of it. There must be a great deal involved in coping with the animals afterwards.

A. As soon as we've rescued a number of animals our first priority is to get them safely to a place where we can leave them knowing they will be properly looked after. We call the place our "holding unit". It's a place owned by an elderly couple who want to help out but, because of their age, can't get involved in direct action. They've got half an acre of land and a few big sheds and they've taken in strays and sick animals all their lives so they're able to cope when we turn up with twenty battery chickens or some rabbits every now and then. They find good permanent homes which they take the animals to when they are well enough, so that they've got the space there again by the time we turn up with another lot of newly rescued animals. Holding units vary from garages and garden sheds to a spare room where former laboratory animals were looked after.

We used to run a holding unit ourselves, for another active group, and for six months we received chickens and ducklings that had been rescued from factory farms, rabbits that were being bred for meat, fur and vivisection, a dog that had been starved in someones garden shed and some goats that would have been ritually slaughtered if ALF activists hadn't rescued them. It was receiving these poor animals that motivated us to form an active group. We wanted to get out and rescue animals ourselves. When we found this couple that could take animals for us and for the other group as well, we took the opportunity to fold our own holding unit and do raids ourselves. For most of the animals we'd received at our holding unit the conditions they were in when they were brought to us were a result of the cramped, unhygenic and unnatural lives they have been forced to live in before they'd been rescued. As soon as they were with us, people who cared and understood, they soon recovered naturally. There were some problems though that needed special treatment. As soon as we received broiler a
or battery hens we would put them in dark, quiet, warm conditions to prevent shock, remembering that most animals have more sensitive hearing than us and music or raised voices could frighten them.

The smaller the bird, the higher its body temperature and the warmer we had to keep it. The first animals we were brought were some ducklings that were rescued from a factory farm and we immediately sought expert advice on how to look after them properly. That's when we learnt about body heat

and that the ducklings needed between 95-100 F. to keep them well and active. We learnt that ducklings that are not a with their mothers do not have any natural oil coating on their down until they get their first feathers, so we were advised not to put them near water as they were not yet water-proof.

Not only the hens, but any animal suffering from shock was put into a dark, quiet warm room. They were given Bachs Rescure Remedy. It comes in a liquid form for internal use and also a cream for wounds etc. We never attempted to feed any animal in shock. A little glucose mixed in the water gives immediate energy and nourishment without putting strain on the heart and digestive system. Eventual return to normal conditions has to be gradual.

Further information regarding the care of sick and injured animals can be obtained in your local libraries and bookstores, as well as from a veterinarian.

For those interested, there are also a wide number of books available through survivalist oriented bookstores and mailorders, that deal with surveillance tactics, and other such information.

Remember, it may take abit of work, but in the end it's worth it. Only with your help will the animals be spared from a horrible fate.

Below are some addresses that should be of help(with information ranging from cruelty free cosmetics, to further info on veganism, as well as more info on Direct Action). If there are none located in your country, get in contact with the closest one and they should be able to put you in touch with people from your area. It should be said tho' that A.L.F. Support Groups are not illegal, and are NOT the A.L.F. If you wish to partake in actions, there is no one to write to "join up." You form your own group. YOU are the A.L.F. The Support Group will help publicize actions, but they do not want your name attached. Send reports anonymously.

To get more information on direct action or to send in action reports write to...

ALFSG (U.S.A.)
1543 North "E" St., #44
San Bernardino, CA
92404 U.S.A.

ALFSG Canada (Toronto)
P.O. Box 915, Stn. F
Toronto, Ont.
M4Y 2N9
Canada

ALFSG (Montreal)
Box 4007
Montreal, P.Q
H3Z 2X3
Canada

ALFSG (U.K. & France)
B.C.M. 1160
London WC1M 3XX
England
U.K.

FRIENDS OF THE A.L.F.
Oude Gracht 36
3511 AP Utrecht
The Netherlands
Europe

ACTION FOR ANIMALS
P.O. Box 152
Lutwyche
Queensland 4030
Austrailia

SUPPORTERS GROUP FOR
ANIMAL ACTIVISTS
P.O. Box 519
Eltham
Victoria 3095
Austrailia

For a list of non-tested products write to;
BEAUTY WITHOUT CRUELTY
175 WEST 12TH STREET
NEW YORK, NY 10011
or;
BEAUTY WITHOUT CRUELTY
1 CALVERLEY PARK
TUNBRIDGE WELLS
KENT TN1 2SG
ENGLAND / U.K.

For more information regarding veganism...

THE VEGAN SOCIETY
33/35 GEORGE STREET
OXFORD OX1 2AY
ENGLAND / U.K.

AMERICAN VEGAN SOCIETY
501 OLD HARDING HIGHWAY
MALAGA, NJ 08328

THE VEGAN SOCIETY
P.O. BOX 467
BROADWAY 2007
NSW / AUSTRAILIA

Students interested in fighting animal oppression in the schools contact...
STUDENT ACTION CORPS
FOR ANIMALS
P.O. BOX 15588
WASHINGTON, D.C.
20003-0588

For information on seal and whale hunting etc. write...
THE SEA SHEPPARD SOCIETY
P.O. BOX 48446
VANCOUVER, B.C.
V7B 1A2 CANADA



SIDE TWO;
BEEFEATER.....U.S.A.
CHUMBAWAMBA.....ENGLAND
OI POLLOI.....SCOTLAND
STATEMENT.....ENGLAND
VEGAN REICH.....U.S.A.
MAN'S HATE.....ENGLAND

BEEFEATER....."BLIND LEADS BLIND"

LINE UP;
DUG E. BIRD.....BASS + PERCUSSION
FRED E. SMITH.....GUITAR + PERCUSSION
KEN E. CRAUN.....DRUMS
TOMAS E. SQUIP....VOCALS + PERCUSSION
WITH IAN MACKAYE.....2ND VOCAL

ENG. DON Z., PROD. IAN MACKAYE

BEEFEATER..... 3819 BEECHER ST. NW
WASHINGTON, D.C. 20007 U.S.A.

CHUMBAWAMBA "TEARING UP ZOO"

THROUGH THE TURNSTILE, CONCRETE JUNGLE
STERILE HABITAT OF IRON
SYMBOL OF BRUTALITY
LIKE: SUPERMARKETS,MISSILE SILOS
MAN PUTS UP MORE BARRIERS
CREATES HIS WORLD, DENIES ANOTHER'S...
ANIMAL, UNWILLING CAPTIVE
MIRRORS HOW THE CAPTORS LIVE

(SPOKEN EXTRACTS FROM "ZOO",A BOOK BY JOAN CRAMMOND. ALSO THE TEARING OF THE BOOK)

AND THE SPECTACLE WILL ALWAYS HAVE CONTROL
AS IT KEEPS US ALL STRUGGLING ALONE
PROVIDING LITTLE BOXES FOR US ALL
DEMANDING THAT WE NEVER ASK FOR MORE
AND WE SIT BACK AND DRUG AWAY THE PAIN
IN A WORLD THAT KEEPS US PASSIVE AND TAME
ISOLATED WE WILL NEVER REALISE
HOW WE'RE SPECTATORS IN THEIR PARADISE
STUCK INSIDE THE GHETTOS WE CREATE
WITH DISTRACTIONS MADE TO KEEP US ALL CONTENT
THESE FENCES ARE PROMISES AND LIES
LET'S TAKE THE BLINDFOLD FROM OUR EYES...

CHUMBAWAMBA;
BOX 4
52 CALL LANE
LEEDS LS1 6DT
WEST YORKSHIRE
ENGLAND
U.K.

OI POLLOI "STOP THE BLOODY SLAUGHTER"

THEY CAN'T HIDE THE REALITY
BEHIND THEIR SICKENING TRADE
THE BLOOD AND THE HORROR
THE PRICE THAT IS PAID
THE TAKING OF INNOCENT LIVES
THE BLOODSTAINED BUTCHERS KNIFES
CAN YOU HEAR THE SCREAMS?
THIS MASS MURDER IS OBSCENE

STOP THE BLOODY SLAUGHTER

PAIN, SUFFERING AND DEATH
THE STENCH OF CORPSES ON YOUR BREATH
THE BLOODBATH IN THE ABATTOIR
DON'T YOU THINK IT'S GONE TO FAR?
IT'S TIME TO MAKE YOUR STAND
REFUSE TO HAVE BLOOD ON YOUR HANDS
GO VEGETARIAN NOW
AND FIGHT THE BUTCHERS
ANYWAY YOU KNOW HOW

STOP THE BLOODY SLAUGHTER

OI POLLOI;
5 ROYAL CRESCENT
EDINBURGH
EH3 6PZ
SCOTLAND
U.K.

STATEMENT "WE DECLARE WAR"

When backs are turned, they'll run you down, flick of the whip, your face hits the ground. Futile scum who tear animals apart - if it's a war they want, then we shall start!

In the name of sport, they have no respect for nature or animals, they know what's best. Well I think it's about time we tore them apart & if you've not partaken in this war you'd better start.

Yes I'm frightened to go out in the fields, but it needs doing with sticks and brains as our shields. Don't stand back and watch, saying you care - there's only one way to show you care...
"GET OUT THERE!"

STATEMENT;
P.O. BOX 107
GLOUCESTER
GL4 ORZ
ENGLAND
U.K,

VEGAN REICH....."STOP TALKING - START REVENGING!"

Every second three animals die in american labortories, tortured by crazed vivisectors who... burn, crush and mutilate, starve, poison and assault animals to fullfill their sick pleasure. Inflicting pain and suffering to gain more money and power - sucking their wealth/the blood out of others - just like the madmen at the top who fuck our lives just for profit, can't you see there's no difference, between government exploiting people, people exploiting animals? It's all the fucking same - just another facet of oppression in this society, murder is murder, it's still the same.

From behind their walls come silent screams(victims of mans cruelty). For "the good of man" they proclaim - their conscience eased, but not the pain. Justification from dark cold eyes(what they sell is full of lies),"a sacrafice for societys gain." Whatever reason they're still to blame, cos animal experiments do not save human lives and even if they did, it wouldn't make an ounce of difference cos we've no right to decide, who's to live and who's to die!

Every second we just sit and talk three more are killed and the clock ticks on. Those still alive just wait to die - their blood flows red like yours and mine! The time for action is here today, but what path do we fucking take, when the animals that we liberate just always seem to get replaced? We must put them out of commission, break their cycle of oppression, burn down their labortories of death. And if they too get burnt? Well, they've had their warnings, yet still they continue- the bastards have it coming! cos...

they've made a choice(not theirs to make)to kill and maim - it's life they take. Innocent? Fuck no they're not! It's blood they spill they must be stopped...no time for "love and understanding", they don't deserve our "compassion." What those murdering scum deserve is a dose of their own medicine - so, let's smash them now, once and for all - break through their fucking walls/skulls, put an end to their sick reign. They've carried on for far to long, we know that they're in the wrong, so stop the talking, start revenging and give the filth what they've got coming!

VEGAN REICH;
C/O NO MASTER'S VOICE

MAN'S HATE "A DOG'S TALE"

I WAS A DOG ON THE STREET
THESE PEOPLE CAME ALONG WITH A POLE & ROPE
THEY PUT ME IN THE BACK OF AN UNMARKED VAN
AND TOOK ME TO A PLACE THEY CALL THEIR LAB

THEY LED ME DOWN A COLD CORRIDOR
INTO A ROOM THEN INTO A CAGE THEY LOCKED ME UP TIGHT
I WAS REALLY HUNGRY I MUST HAVE BEEN HERE ALL NIGHT
SOON A PERSON CAME IN WHITE & I BARKED WITH DELIGHT

I WAS A DOG WITHOUT A FRIEND

I THOUGHT I WAS GOING TO BE FED & TAKEN FOR A WALK
BUT ALL THEY DID WAS PUT ME ON A HIGH TABLE
THEY STRAPPED ME DOWN & CUT ME WITH A METAL KNIFE
I WAS IN GREAT PAIN THEY WERE CUTTING AT MY BRAIN

WHEN THEY WERE DONE THEY DISCARDED ME IN THEIR CAGE
I MUST HAVE LAID THEIR FOR DAYS AND DAYS
THE DOOR OPENED AND IN CAME A PERSON IN BLACK
I WAS NOT SURE OF IT, BUT IT HAD A FUNNY HAT

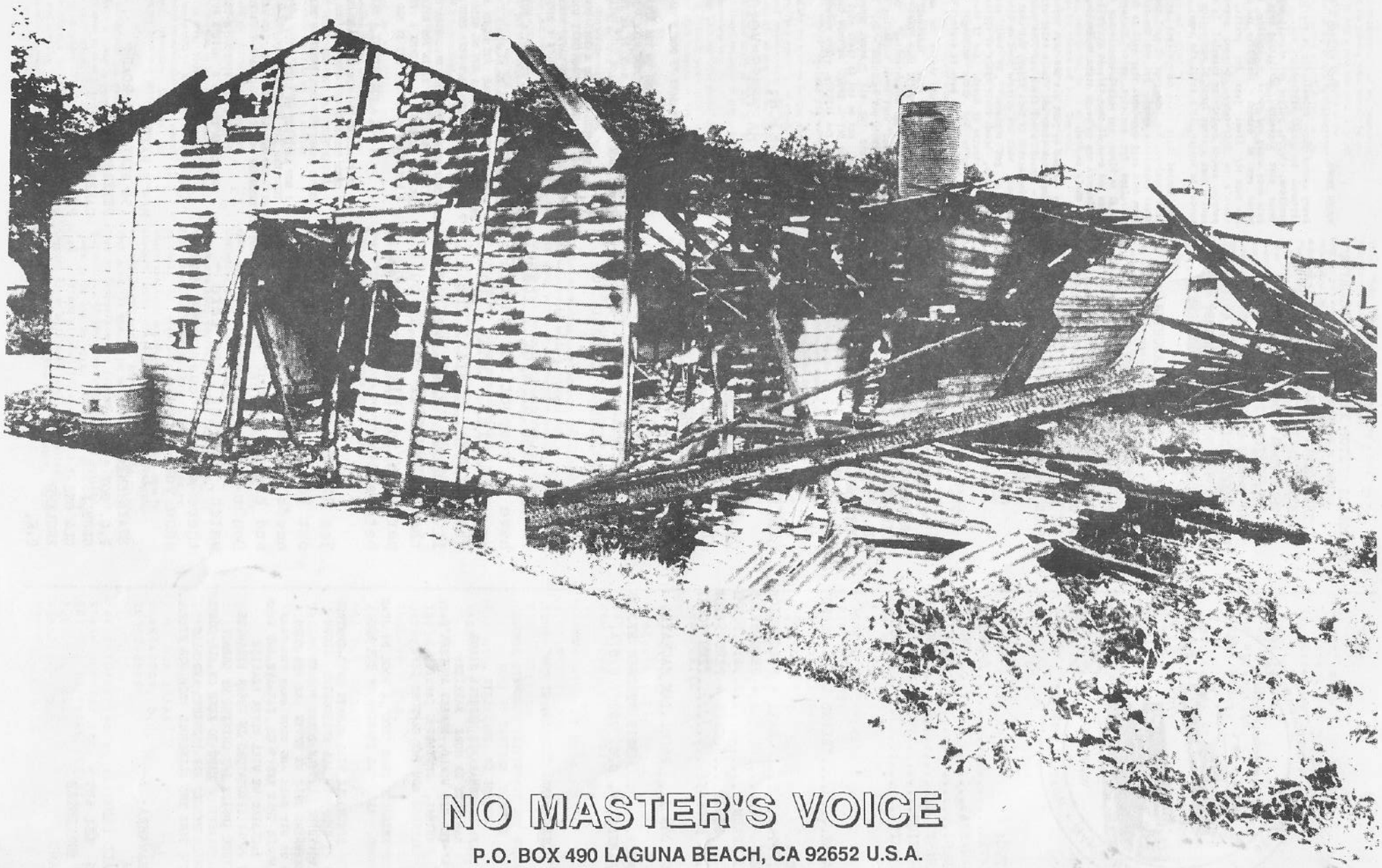
I WAS A DOG WITHOUT A FRIEND

IT PRECEDED TO HUG & PAT ME ON THE BACK
IT THEN PRECEDED TO SMASH UP THE HORRIBLE LAB
I WAS THEN CARRIED OUT INTO THE NIGHT
I COULD SENSE THE EXCITEMENT OF BEING FREE AGAIN

I NOW LIVE OUT MY LIFE WITH A CARING FRIEND
THEY HAD THE ELECTRODE REMOVED FROM MY BRAIN
I AM TAKEN FOR LONG WALKS & FED WELL FOR A CHANGE
BUT REMEMBER DON'T EVER LEAVE YOUR FRIEND ALONE AGAIN

I WAS A DOG WITHOUT A FRIEND
BUT I WAS RESCUED & HAVE A FRIEND AGAIN

MAN'S HATE;
154 ALEXANDRA ROAD
PETERBOROUGH
CAMBRIDGESHIRE
PE1 3DL
ENGLAND
U.K.



NO MASTER'S VOICE

P.O. BOX 490 LAGUNA BEACH, CA 92652 U.S.A.